

National Numeracy Day

Number Confidence Tips

Maths is part of my job on the TV programme Countdown. But at home I have two little daughters who are starting to learn about numbers. I know numbers can sometimes feel a bit scary, but I try to make them fun for my girls. So, let's see if I can help you feel a bit more confident about maths.



Rachel Riley
National Numeracy Ambassador



1. BREAK IT DOWN

If you have a maths question that feels scary, break it down into smaller chunks and do one bit at a time.

2. TAKE YOUR TIME

You don't have to work out the answer quickly when you're doing maths and it's okay if it takes you longer than someone else to get the answer.



3. DON'T GIVE UP

It's okay to make mistakes - it's part of learning. If you get things wrong, don't give up. It might be hard but if you keep trying - and ask for help if you need it - you will get the hang of it

4. BELIEVE IN YOURSELF

Remember, we can all get better at maths with a bit of practice. So, don't say: *"I can't do maths!"* Start saying *"I can't do it... YET!"*



Get number confident with Rachel Riley on nationalnumeracy.org.uk/numeracyday.