

How do I move myself out of the comfort zone?

Be brave and take on a challenge. You can always come back to your comfort zone if you start to head into your red zone.

Don't worry about getting an answer at first. Concentrate on the other skills a good mathematician has like asking good questions, learning from mistakes, taking risks and trying different approaches. Which skills did you use today?

Make sure you have your strategies to get out of the 'Not ready yet' zone.

Think about what you enjoyed doing today. Did you learn something new? Do you feel ready for a challenge?



Take small steps. Look at a problem or a question that is just slightly different from the ones you are doing in your comfort zone. Look at the ladder poster – do you need another rung?

Take a look at the 'Thinking hard about my maths' poster to see how you can challenge yourself a little bit more.

Try challenging yourself outside of maths lessons. What other times have you found where you can challenge yourself and move out of your comfort zone?

Take a look at all the maths you can do. Challenge yourself to learn one more thing today.