

# How do I move myself out of the 'Not ready yet' zone?

Tell your friends or the adults you are working with if they are pushing you too hard and making you panic. Ask them to help you back into your comfort zone

Go to your comfort zone and do some maths that you know you can do.

Remind yourself that you may not be able to answer this question yet but with some help you will be able to answer it another day.

Take some deep breaths and calm down. Try 7/11 breathing. Breathe in for a count of 7 and out for a count of 11.

Do something that is not a maths activity. It could be something you really enjoy doing that will help you to relax.

Try to forget your maths and explore what you can see around you. Close your eyes and pick out the sounds you can hear.

