Exercise 1)
Install the newest stable release of Grass Gis: https://grass.osgeo.org/ (currently 7.8.5).

Exercise 2)
Make yourself familiar with Grass Gis by watching the introductory video by Markus Netteler:
https://www.youtube.com/watch?v=eL4M6OCvAys

Exercise 3)
Refresh your knowledge regarding GIS. You should be familiar especially with raster maps and the import, generation and modification of those.