

# Want to Learn Wednesday



Learning something new is positively associated with mental health and wellbeing

- Try something new or rediscover an old interest
- Take on a challenge or skill you will enjoy achieving
- Think about what you would like to learn, what your interests are and what would be useful in your life.

1

Learn about another country and create some artwork in the style of the country or of famous landmarks.



2

Learn from family members. Research about a recent decade in history and video call members of the family to ask them about it.



3

Learn how to play chess. Chess is a game that never goes out of fashion. It is a great game to teach strategy and thinking about being one step ahead.

