

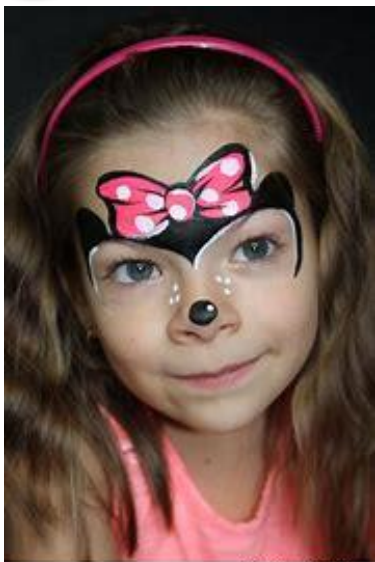
# Want to Learn Wednesday



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 how to do face paint properly by watching you tube videos. This can be great for having fun as a family especially if you let your children paint your face.

2

Find a tutorial to teach you how to fold paper to make a frog. What other things can you make?



3

Learn how to build a Lego model. Once you have built it, try to take apart and rebuild it without the instructions.

