

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 to say hello in different languages. How many languages can you learn? Can you learn about the country as well?



2



Help your child to learn how to change the tyre on their bike or teach them bike maintenance.

3

Teach children how to lay the table properly for meal times.

