

# Want to Learn Wednesday

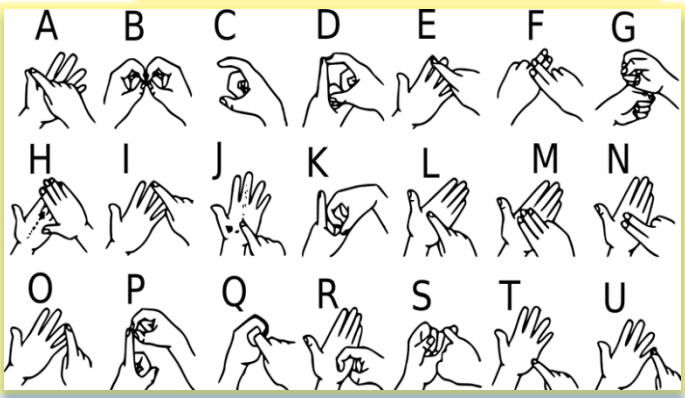


Learning something new is positively associated with mental health and wellbeing

- 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 British sign language, you could start by learning the alphabet.



## 2

Learn a new language. See how many new phrases you can learn.



## 3

Make this wildlife feeder. Learn about what which wildlife like which food. This is a great time of year to see the nature in your garden and learn about it.

