

# 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



Download from  
Dreamstime.com

Why not teach your child the different parts of a car engine? You could research together about what each part does and how it works together.

2

Learn how to make slime. Investigate different ingredients or things you could add to make it as interesting as possible.



3

Learn new hairstyles. There's lots of tutorials online that you can follow or you could make up your own together.

