

Want to Learn Wednesday

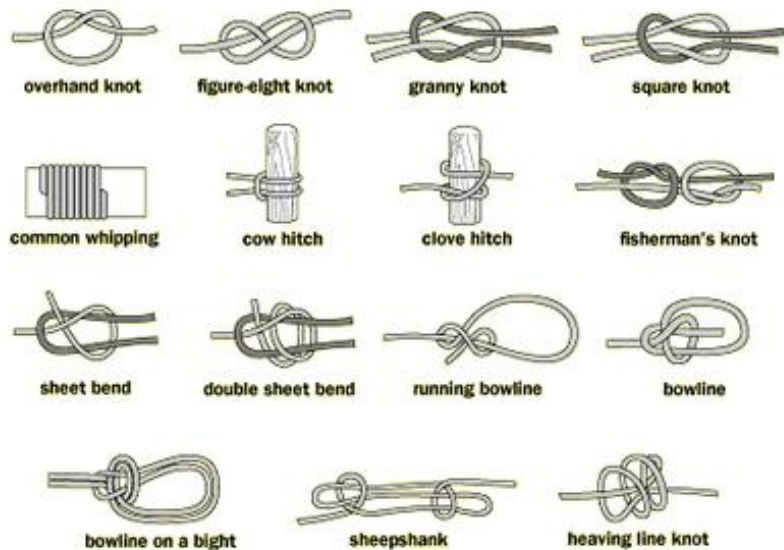


Learning something new is positively associated with mental health and wellbeing

- 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

Believe it or 'knot' there are lots of different ways to tie a knot. Why not see how many you can learn.



2



Teach your child how to fold the laundry. Not only will it give them some independence it will also help the jobs around the house.

3

Learn how to do a cartwheel. See if you can perfect it. There are lots of tutorials and advice online.



HOW TO DO A CARTWHEEL