

# 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 make a board game here  
<https://www.kiddycharts.com/activities/design-and-make-your-own-board-game/>



2

Learn how to make an animation  
<https://tinkerlab.com/easy-stop-motion-animation-kids/>

3

Have fun learning how to juggle!  
<https://www.wikihow.com/Teach-Juggling>

