

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.

Teach Kids How to Make Sandwiches!

1



Teach your child how to make a sandwich for you and the family.

2



Try to learn how to say the alphabet backwards. How fast can you get at saying it?



3

If your child doesn't know how to tie their shoelaces, now might be a perfect time to teach them.

