# Learn New Things

Learning new things is great for our wellbeing. It can give us a sense of achievement, help us feel more positive and increase our confidence.

## Try a new hobby or activity

Is there something you have not tried before?

- Dancing
- Games like chess
- Drawing
- Star gazing

## Learn a new skill

- Can you learn to tie your shoe laces?
- Can you learn some simple tasks to help prepare meals with your family?
- Can you learn the words to a new song?
- Can you have a go at playing an instrument if you have one at home?
- Perhaps you could help your parents/carers with simple chores in the house and garden

## What are you interested in?

Research something you are interested in. You could interview family members, watch documentary programs, use the internet or read books. Please make sure ask a grown up to help you if you are using the internet. You could create a project book with your research.

- The environment
- Nature
- Art
- Sports
- Music
- History