



## Five ways to wellbeing

This week as part of our Take 5 focus we are encouraging you to ‘Keep Learning.’ Lifelong learning keeps our brains healthy and the sense of achievement we get from learning something new can be great for our mood. Don’t be afraid to try something new, in fact at the moment we all have to ‘keep learning’ everyday through home schooling!

In childhood, learning plays an important role in our social and cognitive development. Learning contributes to self esteem and confidence, social interaction and competence. It helps build a sense of purpose. Here are some simple ideas to encourage children to ‘keep learning’:

- 😊 Learn a new word everyday
- 😊 Do a wordsearch or puzzle
- 😊 Try a new food
- 😊 Learn to cook a simple recipe
- 😊 Study about an animal or bug
- 😊 Plant seeds and grow something
- 😊 Learn something to do around the house to help out
- 😊 Play a board game



Adults can also continue to ‘keep learning’. Even if you feel you don’t have much time, or you may not need to learn new things, there are lots of simple ways to bring learning into your life. Perhaps you could consider some of the following:

- 😊 Make up a zoom quiz to do with friends or family
- 😊 Take up a creative activity such as knitting, colouring or writing
- 😊 Watch a documentary
- 😊 Read a book
- 😊 Fix something or take on an up cycling project
- 😊 Cook something different for tea
- 😊 Sign up for a new course or night class when this is all over
- 😊 Join a local community group



Don’t

- ☹ Feel you have to learn new qualifications or sit exams if this does not interest you
- ☹ Think it has to be anything too challenging

Keep it simple and make sure you enjoy it! Watch this short video for some family ideas <https://www.youtube.com/watch?v=gjRjDCF0X0M>

From all of the teachers at Ballykeel 😊



