



What new thing will you learn today?

Learning new things can have a positive effect on our well-being. Finding out about new topics and gaining new skills gives us a sense of achievement and can really help to boost self-belief and overall confidence.

You can learn new things in so many different ways. Make a list below of your ideas, for example: watching an instructional video.

How can we share our new skill with our friends or family?

What new skill or activities would you like to learn now or in the future?