



# Wellbeing Week

Keep Learning

# Task 1

With the person next to you, see if you can list the 5 ways to Wellbeing you looked at during the last Wellbeing awareness Week.

# The 5 ways to wellbeing



Five ways to  
**wellbeing**

Did you remember them all ?

# Task 2

- This week we are thinking about 'Keep Learning', in pairs discuss for 1 minute why learning new things is good for us throughout our lives.

# Learn for mental wellbeing

**Learning new skills can be useful, but research shows it can also improve our mental wellbeing.**

- It doesn't have to mean getting more qualifications. There are lots of different ways to bring learning into your life.
- Many of us associate learning with childhood or our student days. As adults, it can seem as though we have less time or need to learn new things.
- But evidence shows that continuing to learn throughout life can improve and maintain our mental wellbeing.
- Mental wellbeing means feeling good about yourself and the world around you, and being able to get on with life in the way you want.
- Learning can boost self-confidence and [self-esteem](#), help build a sense of purpose, and help us connect with others.

# How learning can help your wellbeing

- Research shows that learning throughout life is associated with greater satisfaction and optimism, and improved ability to get the most from life.
- People who carry on learning after childhood report higher wellbeing and a greater ability to cope with stress. They also report more feelings of self-esteem, hope and purpose.
- Setting targets and hitting them can create positive feelings of achievement.
- Learning often involves interacting with other people. This can also increase our wellbeing by helping us build and strengthen social relationships.



- Keep learning
- Try something new.
- Join a new club or organisation.
- Take on a responsibility at school.
- Fix a bike.
- Learn to play an instrument or how to cook your favourite food.
- Read a book
- Try something fun

Achieve a goal Learning can involve any manner of subjects, not just what you have to do in school. Learning can be social, you may make new friends as well as new skills.

Learning something new can help us feel more positive and able to cope with life's ups and downs.

- Research something you've always wondered about
- Discover something new, find out more about something you're interested in
- Read the news or a book
- Use a conversation as a way to learn new things, be curious
- Sign up for a class or group outside of school
- Learn a new word
- Visit your local library
- Learn something new about yourself
- Go to a quiz or host one among your friends
  - Learn an inspirational quote
- Download a random fact app
- Go to a museum
- Learn a new hobby or a new language
- Learn a new dance routine or the words to a new song
- Learn a new route home
  - Find out more about something your friends or family are interested in
- Learn more about your family history
- If you hear something you don't understand, google it straight away
  - Use a dictionary for words you don't know
  - Think about how others are feeling and work out why

## More ideas!





# Task 3

- Tell the person next to you 1 new thing that you would like to learn about this week or this month/year, try to think of something outside of your school lessons.

If there's time your form tutor will show you this short video

- <https://www.youtube.com/watch?v=VY-VQ0KvhgU>

# Challenge

- Go to the LRC or your local library and take out a book on a subject you want to learn about just for the fun of it!
- Watch a documentary on a subject you find interesting: Fashion, animals, sport
- Go on youtube and teach yourself something you've always wanted to learn!





**REMAIN  
CURIOUS  
AND  
KEEP  
LEARNING**

# The 5 ways to wellbeing



Five ways to  
**wellbeing**