




# 5 Ways to Wellbeing Challenge

This week's challenge is focused on.... **Keep Learning**

**Keep Learning** is all about being curious! Trying out new things, learning a new skill or finding fun facts can help us feel happy and proud of ourselves.

Do 1 or more of the suggested activities:

1. **Learn more about your interests!** What are you interested in? Talk to a friend or family member about your interest or find new information about it. Grab a book or research information online and write down 3 new things you discovered.
2. **Learn about your family** by playing a game. You can try "Two truths and a lie". To play this game, everyone sits or stands in a circle. One by one, each person says 3 things about them. Two of the things must be true, and one must be a lie. The others then have to guess which one is the lie!
3. **Drawing-** do you want to learn to draw new things or draw better? Open Rob's page and choose 1 video to follow-  
 [https://www.youtube.com/results?search\\_query=%23DrawWithRob](https://www.youtube.com/results?search_query=%23DrawWithRob)
4. **Cooking/baking-** why don't you learn to make your favourite food or dish with your parent? Ask them to help with the preparation of the food and write down the recipe.



Don't forget to update your tracker sheet and share with your teacher what new things you learned this week!

