

# Keep Learning for Positive Mental Health



Hi there, I'm Oli. We're going to learn all about positive mental health. Did you know that learning can be good for our mental wellbeing?

You might have heard some people say, "You learn something new every day!" **Do you think you learn something new every day?**

Yes

No

Not Sure

Asking questions is one of the best ways to learn new things.

**Write a question to which you'd like to know the answer. It can be as crazy as you like!**

I love learning all about countries and flags. When I concentrate on my interest, it takes my mind off my worries.



**Do you have something you love learning about?**



Our brains love learning new skills, too.

Which of these skills would you most like to learn?



Horse riding



Ice skating



Swimming



Playing a musical instrument



Juggling



Baking



Drawing cartoons

I really enjoy playing the drums. The more I practise, the better I get, which makes me feel really proud.



Write about a time when you felt proud of yourself.

[Empty rounded rectangular box for writing]



Playing the drums also helps me if I am feeling stressed.

Think of some things you really enjoy learning about or doing. Which of these activities make you feel calm, happy or excited?

**Write them down next to the picture of that feeling below.**

**Calm**



**Happy**



**Excited**



Learning new information and new skills keeps our minds healthy and happy. I'm off to learn about more flags of the world.



Now it's over to you. How will you learn something new today? **Choose as many as you like!**

Learn from a book

Practise a skill

Do some research online

Learn a new word

Try something totally new

Solve a puzzle

Watch and learn from a video

Ask someone a question

Something else

Goodbye for now!  
Stay happy and healthy, have fun and remember to keep learning!