

Wellbeing Challenge Week 5

Learn new skills



Research shows that learning new skills can also improve your mental wellbeing by boosting self-confidence and raising self-esteem, helping you to build a sense of purpose as well as helping you to connect with others.

So, learn a new skill or try something new to you - you may discover a hidden talent you never knew about!

Here are some ideas but you will have some of your own!

Find out about foods that boost your mood and make some juices or smoothies with them.

Have a go at the Salty Potato Experiment. How?

Cut a potato in half and place each one cut side down in a glass or bowl. Fill one with salty water and the other just plain water. Leave for 30 minutes. You should see the potato in the salt water shrivel and go wrinkly. Salty foods have the same effect on our bodies making us feel thirsty and drained. The same happens when we surround ourselves with negativity/negative people.

Learn to Juggle...here's a [YouTube link](#)

Learn to play a song on a new instrument. Maybe make an instrument of your own.

Mrs Field's Music lesson this has an online piano for you to play!

Learn how to say some phrases in a new language. Here's a song all about [saying hello](#)

Learn how to crochet or knit



How about Keep Uppies? Can you learn or practise this skill??



How about a Magic Trick? Can you amaze your family??