

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

LEARNING

Learning a new skill can be exciting and incredibly rewarding. You might have lots of questions: 'Will I be good at it?' 'Will I get it wrong?' 'Where do I start?' However, when we have a go at learning something new it can help us to feel happier and healthier, as well as distract us from everyday worries and events. Learning also gives the mind a chance to switch off, it gives us a sense of purpose, an opportunity to connect with others, and can boost our self-belief and confidence!

Our tips for learning:

- 1- Upskill:** you could improve a skill you already have, such as learning a new football trick, dance move, baking a new recipe, or learning a new sewing technique.
- 2- New skill:** learn something new altogether! Ideas for new skills could be origami, coding, a musical instrument, photography, tai chi, or learn a new language.
- 3- Skill swap:** with a friend or family member, take turns to teach each other a new skill!
- 4- Re-discover a skill:** re-discover a hobby you used to enjoy when you were younger, e.g., you could join a sports club that you used to play, practise puzzles, colouring, or playing piano.



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.