



## Mental Health in Schools Team Tips For Wellness



### Learning

We are always learning new things – often without realising it! Learning can include developing skills as well as developing knowledge. Learning something new can help to improve our mental wellbeing, as it gives us a sense of achievement and purpose. We can challenge ourselves to build new skills or develop skills that we already have. It can help to build motivation, confidence, and self-esteem too.

To help us to learn something new, we can set ourselves a challenge or a goal to work towards. Can you think of a new challenge or goal to try?

Learning can be fun! Studies show that learning can help us to enjoy life more! Can you find a new activity that you enjoy and make it part of your life?

#### Our tips for learning:

1. **Learn a new word each day!** Can you use the new word in your schoolwork? Can you teach this new word to a friend?
2. **Get creative!** Try a new craft activity or write a story or song. Have a look at some ideas for craft activities here: 
3. **Try a new hobby,** such as a new sport, learning to paint or join a new after-school club.
4. **Try a new food or learn to cook a new recipe.** Could you share this experience with someone? For example, could you bake a cake with a friend, or cook a meal for your family?
5. **Learn a new language.** Try and learn simple words and phrases, such as “hello”, “how are you?” and “my name is...”. You could use online resources or apps, such as Duolingo, to help you.
6. **Try a new sport or class.** Could you help others to learn by becoming a coach for a junior team?
7. **Start a craft project!** You could do this independently, or together with a friend. Remember to ask an adult for help if you need to! Follow the QR code for some project ideas: 

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

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.