

Wellbeing

Learning Something New

Name:

Date:



Today we're looking at learning something new, but first let's take a look at some of the things you're already doing. Use this space to write or draw some of the activities you enjoy doing.

Empty space for writing or drawing activities.



Even though you may have plenty of hobbies and skills already, it can be fun to try and learn something new! The NHS says that learning a new skill can help your mental wellbeing in a few ways.



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Talk with your mentor about what you've been thinking about. Looking at the ways your mental wellbeing can be positively impacted by learning a new skill, can you think of any other benefits? What other good points are there to learning something new? See if you can think of three more positives.



**WORK HARD AND
DEDICATE YOURSELF TO
BEING BETTER EVERY
SINGLE DAY**

Will Smith



It's important that we continually develop ourselves. By working on ourselves we become more aware of who we are.

If we were to take what Will Smith says and *truly* put the time and effort into working hard and working on being better than yesterday's self, we might just see some positive changes in our mental wellbeing.

If you find this hard or learning a new skill feels overwhelming right now, don't worry. Focus on skills that you're already doing and remember to be gentle with yourself. Maybe that's the new skill you could learn, with the help of your mentor.