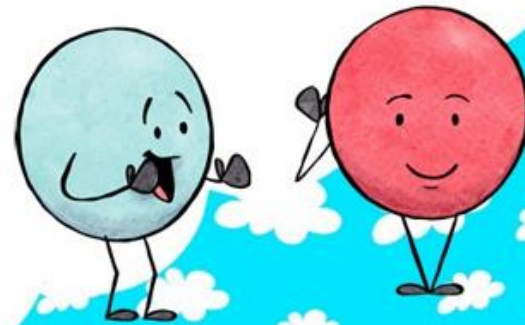


5 ways to wellbeing



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Learn new things

Learning new things feels GREAT! It doesn't have to be much, just a little thing each day that you have learnt to do.

You can learn new things in many ways. Try and learn new things EVERY day.

- Read books
- Research on the computer
- Listen to music
- Practice a dance routine
- Ask grandparents about how things used to be in their time at school
- Watch documentaries on the TV
- Find out more about something that interests you
- Learn how to draw or paint

