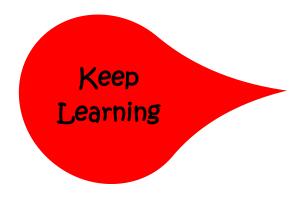
Back to Basics

"Empowering Parents/Carers to Support their Child's Wellbeing"



Learn something new!

Did you know that learning something new can help you feel happier and more focused? It can also raise confidence and self-esteem. This can help you connect with others too.

- Sign up for a class or hobby at your local library, leisure centre, school or college. You could also take a look online.
- Learn about your family's hobbies and interests.
- Support your children with their learning and learn with them.
- ❖ Learn to cook something new from scratch and involve the family.

The following link will take you to the Back to Basics video about 'Keep Learning':

Back to Basics Keep Learning Video (youtube.com)

Also attached is the **Back to Basics** factsheet which has lots of ideas and information for you and your family to help you to **'Keep Learning'**.

KeepLearningBasic-factsheet.pdf (hants.gov.uk)

The Wellbeing Flower in our small meeting room next to the School Office has so many petals now showing what you have been doing around the 'Five Ways of Wellbeing'. Please add what you have been doing to 'Keep Learning' and have a look at what other families have been up to – you might find some great new ideas!

