

Back to Basics

“Empowering Parents/Carers to Support their Child’s Wellbeing”



**Keep
Learning**

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 \(youtube.com\)](https://www.youtube.com/watch?v=...)

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 \(hants.gov.uk\)](https://www.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!

