



SURBITON
HIGH SCHOOL



Learning some basic first aid skills, think how you could help yourself and others in the future

Teach your dog/pet a new trick.

Research a new blog or podcast that could help you learn about something new. It could be history based or about a different culture around the world. The possibilities are endless



See if you could learn to touch type – think how helpful this would be for your future

N – New things

KEEP LEARNING NEW THINGS



Learning affects our well-being in lots of positive ways. New ideas help us stay curious and excited. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn, from friends, online courses, from family and friends and even through formal qualifications.

As your Mum or Dad to teach you to cook a new recipe

Research a new book and start reading, maybe it could be learning about a historical event.

Consider learning to grow vegetables or flowers

Do you like taking photos? Consider join a photography course or a book to guide you

Learn a new word a day by using a daily vocabulary builder app

Consider trying to complete the couch to 5k App challenge



Why not try a Pilates or Yoga class?