



Keep Learning



Learning new skills can boost your self-esteem & confidence and give you a sense of achievement. It encourages social interaction and a more active life style.

This doesn't have to be done in a classroom environment or be about getting a qualification, it could be anything from picking up a book, doing a crossword or researching something you're curious about.

Here are some ideas:

- Help out with your children's homework
- Learn to cook a favourite dish that you've never eaten at home
- Rediscover a new hobby; it could be making model aeroplanes, writing stories, sewing, knitting, painting etc
- Carry out repairs that you have been putting off – maybe fix a broken bike or garden gate
- Sign up for a course – this could be to learn a new language, or try something practical like electrician
- Learn an instrument

Ways we can support in school:

- Workshops and information sessions including
 - Parenting courses
 - Supporting transition
 - Helping anxiety
 - Phonics
 - Online safety
- Working with other professionals such as RCS who deliver a wide range of free courses including First aid, confidence building, returning to work etc.

