

## PARENTS / CARERS

- **The definition of 'Keep Learning':** Learning new things or helping our brain to stay active
- **Background:** Learning new things, rediscovering old hobbies or interests, and keeping ourselves mentally stimulated promotes good mental health. This doesn't have to be a major commitment and things like reading, singing, playing a game, cooking a meal, or brushing your teeth with the hand you wouldn't usually use, can all be beneficial and fun

## PRE-ACTIVITY

- Ask everyone taking part to discuss the things that they enjoy learning  
(For example, singing | dancing | art | football)
- Ask the children to think about why new learning is fun  
(For example, feeling a sense of pride | success | achievement)
- Encourage the children to discuss the different ways we can learn  
(For example, at school | with friends or family | by ourselves | through fun activities)

**Note:** Support children to think about the importance of practicing new skills so we can develop and improve

## LESSON CONTINUES ON NEXT PAGE



### ACTIVITY

- You will need a wash basket (or equivalent) and several pairs of socks. There will be three rounds. In each round, try to beat your previous score
- Place the wash basket at a distance away from you:
  - 3 metres (3 - 8 years old)
  - 5 metres (8 years old - adults)
- **Round 1:** Each person taking part gets 5 attempts to throw (under arm) the socks into the basket
- Each hit in the basket is worth one point. When everyone has had their turn add up the points and see who gets the best score
- **Round 2:** This time get everyone to think about controlling their breathing as a relaxation strategy before throwing in the next round
- Advise everyone taking part to take a deep breath in through their nose followed by a slow breath out through the mouth. Tell them to repeat this three times before throwing
- At the end of round 2, discuss whether this technique was helpful. If so, in what way did it help? (For example, did they feel calmer? | did their score improve?)
- **Round 3:** This time as well as using breathing techniques, encourage the use of visualisation techniques
- Advise everyone taking part to try and picture the flight of the socks going into the basket before they throw
- At the end of round 3, discuss whether this technique was helpful. If so, in what way did it help? (For example, did they feel more focused? | did their score improve?)

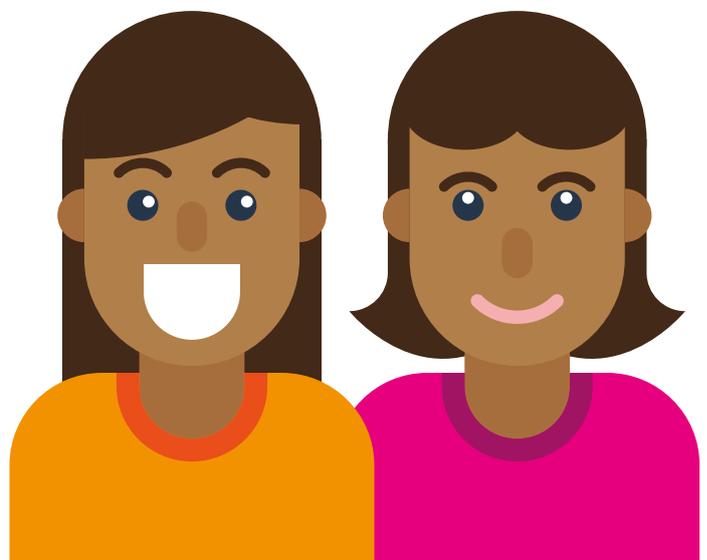
**Note:** If this is too easy, you can move the basket further away until it becomes challenging. You can create a competition between family members, or just work with the children to improve their own individual scores between rounds. Highlight the importance of staying calm and practising new skills to help us develop them

**LESSON CONTINUES ON NEXT PAGE**

### REFLECTION TASK

- Have a chat with the children about the importance of learning in school and why it is important to continue learning even if they're not going to school
- Think about and discuss different things that interest each other. Consider ways to learn more about these interests
- Make plans to bring these interests into daily life and to try new things out
- Start a new weekly planner and include some of the ideas from this session

**Note:** It might be helpful to think with the children about jobs there are to do around the house and use this session to think about how they could learn some new skills relating to these. They could then be built into their weekly planner. When children attempt or practice a new skill, use praise to encourage them. Developing new skills helps them to feel a sense of pride and achievement.



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Connect</b>					
<b>Be Active</b>					
<b>Take Notice</b>					
<b>Keep Learning</b>					
<b>Give</b>					

## REFERENCES

New Economics Foundation (2008). Five ways to mental wellbeing. Government Office for Science. Available at: <https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

The Children's Society (2014). Ways to wellbeing: Research report. Available at: <https://www.childrenssociety.org.uk/sites/default/files/Ways%20to%20well-being%20report%20FINAL.pdf>

World Health Organisation (2018). Mental health: strengthening our response. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

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