

Wellbeing homework challenge

Learning new things can boost our confidence and self-esteem, which in turn improves our mental health and wellbeing.

- Learn something new about people you know.

- Find out something new about Burton Joyce.



- Learn how to say useful words like 'hello', 'thank you' and 'please' in a different language. This could include sign language.

- Learn a new skill - juggling, origami or drawing.



- As a family, try a new recipe and enjoy making a delicious meal together.

