

THREE

KEEP
LEARNING

The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.

Learning isn't just for school. Study something new - or try something different.

Why not try some of these...

- Learn a new word each day
- Visit a museum or art gallery
- Try out a musical instrument
- Do a word search
- Try a new food
- Learn to cook a new recipe
- Study an animal or bug
- Visit a new place
- Write a story or song

What ideas can you think of to...

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Find out more about the Five Ways to Wellbeing at:
derbyshire.gov.uk/fiveways