



# WAYS TO 2020 WELLBEING



## 01

### WHY KEEP LEARNING?

Learning new things can be fun, can boost our self-confidence, our self-esteem, improve our knowledge, help us cope with stress and enjoy life. Learning can be about challenging ourselves to do something in a different way – and you can learn in any environment, not just at school. There are many ways you can learn something new, such as:

- ✓ Reading a new book,
- ✓ Listening to a podcast
- ✓ Learning to play a musical instrument
- ✓ Learning some words in another language
- ✓ Learning how to cook something new.
- ✓ Taking a trip to a wildlife park and learn about the animals.
- ✓ Volunteering for an organisation or cause where you can learn new skills.

### CLIPS FROM OUR COMMUNITY

- ▶ Belle, Jed, staff and students talk 'Keep Learning'
- ▶ Yoga stretches with Kate and George
- ▶ Keep Learning: 5 ways to wellbeing in nature

WATCH VIDEOS

## 02

## 03

### GET INVOLVED: PRIZES TO WIN



Click here to upload a recipe that you have enjoyed making, for your chance to win a prize. Browse and share recipes that other students or staff have posted and then try making something new at home. This is a great way to keep learning and help out at home as well!

SIGN UP

### TOOLS & RESOURCES

- Blinkist:** want to learn something new from a world expert but don't have time to read the full book? Access audio and written summaries of most of the world's most prominent non-fiction works.
- State Library of Victoria:** subscription is free, giving access to all online databases.
- Veritasium:** A YouTube channel exploring simply interesting ideas in maths and science.
- Documentaries on streaming platforms to learn something new:**  
*Bill Nye Saves the world* (Netflix); *The brain that changes itself* (Amazon Prime); *Australia Remastered: Wild Australians* (iView)
- St Marys Library:** VCE online resources
- Coolock Library:** What's new in the junior Library and online links
- Studyvibe:** Resources to support students

VISIT WEBSITES

## 04