

YOUNG VINNIES  
CHRISTCHURCH



# Keep Learning

Our worksheets are just activity and learning-based, for more comprehensive information and for support please head to <https://www.mentalhealth.org.nz/> or call a helpline such as Youthline at 0800 376 633

One of the five ways that has been found to improve well-being is to keep learning. According to the Mental Health Foundation of New Zealand this means, Embrace new experiences – awhitia te wheako hou, see opportunities – kimihia ngā ara hou, surprise yourself – me ohorere koe i a koe anō."

Try something new!  
Rediscover an old interest.  
Set challenges.  
Seek out new experiences!



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# Languages

Duolingo is a great website that does not require you to sign up to begin learning a language.

Head to their website: [www.duolingo.com](http://www.duolingo.com) and spend 10 minutes learning the beginning of a language. If you like it, keep this up every few days.

# Instrument

Have you ever wanted to learn a new instrument and not had the time? Look online and consider what instrument you want to learn and why.

There are some great free online lessons that you can find to begin learning. If you do not have the instrument, it might be a good time to learn the theory and how to read music!



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# SVDP

Now is a great time to read about the Society of St. Vincent de Paul.

We have local, national and international pages that explain who we are, what we do, and how we have helped others.

Below write down 3 things that you learnt from each St. Vincent de Paul website that you visited:



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# Create a list:

Staying at home in our bubbles has given us plenty of time to think about some of the things we might like to do when the alert levels drop.

Below is space to write a list of things you would like to do:



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# Competition:

To learn one new thing each week.

It might be the Latin name for a plant, a new word, or a new recipe...

Write about how you chose what you wanted to learn- you might even want to add a picture!

Then head to the facebook page: Vinnies Youth Christchurch and post what you learned.

At the end of each fortnight a winner will be drawn for a special prize! Keep an eye out on our page because it might be you :)

