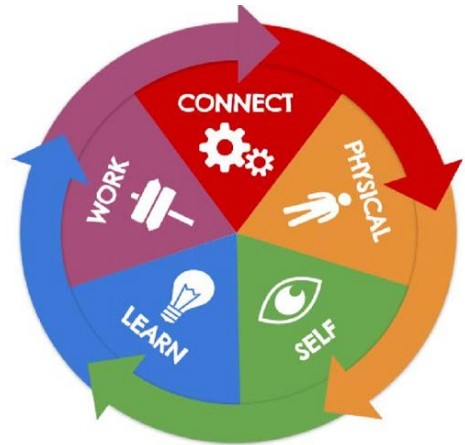


# Looking After You Own Wellbeing

## Wellbeing: Time to Learn

An excellent way to keep your mind stimulated whilst staying home keeping safe, is by learning new things. Here are some ideas which can be shared with the family:



- Visit a museum offering virtual tours, some are:
  - British Museum in London
  - Van Gogh museum in Amsterdam
  - Guggenheim in New York
  - National Gallery of Art in Washington D.C
  - Musee d'Orsay in Paris
- Experiencing the Arts
  - The Metropolitan Opera will show nightly Met Opera streams.
- Read something new!
  - With so many downloadable books, to set up a virtual book club is an excellent way of learning and engaging with others.
- Get your game on!
  - Why not get a pack of cards, and learn new card games for the family to play?
  - Playing on games consoles can be a new experience for some, it may also create an opportunity to bond with the younger members of the family.
- Explore Pinterest

- Whether it's to learn about art and craft concepts, or how to sew.. Pinterest is great for giving ideas.
- DIY Projects
  - There's lots of YouTube tutorials on DIY such as how to put up a shelf, fix a leaking tap or stopping a floor-board from squeaking. *BUT remember anything electrical or gas related will require qualified engineers!*
- There are zoo's online with live video cameras on the animals.
- Clearing the garden:
  - Spring is officially here and taking time to spruce up the garden is an excellent way to stay healthy and occupied.
- Surf the internet
  - There are so many ways to learn about new places and people on the internet. Examples:
    - Atlas Obscura
    - TedTalks
    - Stuff You Should Know podcast
- Dusting off the instruments in the home and learning to play. There are many teach yourself videos on YouTube and apps to get you on your way