

MY BOOK OF WONDER



Research has shown that the habit of learning new things on a regular basis throughout your life actually makes you happier. Whilst most of what you learn through your schooling is important, how much of it gives you a rush of excitement? How many of the topics are you really passionate about?

This activity is all about hunting down the things in this world that fill you with passion and wonder.

When you imagine learning new things it is easy to only think of school subjects like Maths, Science and Geography. However, there is much more to learning than the subjects in your school's curriculum.

Try researching different sports like fencing, archery or rock climbing. Maybe look up stories and info on how to train your dog or how to cook your favourite meal. Perhaps you would prefer to find out about strange world records that people hold, what ancient Egypt was like or discover the types of creatures that live in the deepest part of the ocean. The sky's the limit....in fact the sky is not your limit, why not research information on outer space too!

INSTRUCTIONS



STEP 1: Choose a new notepad or journal and write your name and 'My Book of Wonder' on the front cover

STEP 2: Pick a time once a week (perhaps a Saturday morning) and spend 10 mins searching for a new topic that interests you.

You are looking for a fact or story that really sparks your interest.

Once you've found it, write

the fact or a summary of the story in your Book Of Wonder.



You can use any method of researching you like from Books, TV, Internet or even something someone tells you.

The ideal facts or stories should be those that make you feel a sense of wonder and make you feel excited to learn more about the subject.

