## Activity 4.1 Thinking about something for me

*We suggest spending around 15 minutes on this activity.*

Having read about and listened to carers talking about their learning choices, and having browsed the online courses, think about what you might like to learn and why.

If you are not thinking about a specific course are there other things you might be interested in doing?

Are you part of a carers group?

You can use the table provided to record your thoughts. Alternatively, don’t forget you could search magazines or the internet for text and images of things that you’d like to do and compile them into a collage or montage.

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| **What I’d like to learn more about** | **Why I’d like to learn about this** |
| Write your comments here. | Write your comments here. |