

ATTAINMENT'S

it's  
all  
in  
it



MEGANBEST

# Play Well



ATTAINMENT'S

# It's my life Play Well

MEGANBEST



Edited by Abby Davies  
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# Hobbies and leisure skills are important.



**Hobby**  
*an activity done regularly during free time*

**Social life**  
*time spent doing fun things with other people*

Having a **hobby** that you enjoy can bring joy to your life. It gives you something fun to do during free time and a chance to learn new skills. Having a hobby makes you more interesting. People who have hobbies they love can share experiences and stories with others. Hobbies also help your **social life**. Doing a hobby that you enjoy allows you to meet new people and create a bond with others.

Hobbies help to challenge you. When you pick a new hobby, you will be challenged to learn a new skill. You can increase your confidence and self-esteem as you get better and better at your hobby. If you really enjoy an activity, and spend time working at it, you will increase your skill. Hobbies can also help to relieve stress. Hobbies give you a way to take your mind off work, school, and chores and let you relax. There are so many different hobbies to choose from!





▽▲ Is It a Hobby?

Directions: Circle the pictures that show people doing hobbies.



Drawing



Meditating



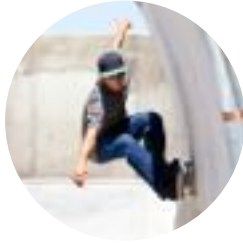
Kayaking



Games



Sewing



Skateboarding



Reading



Playing cards



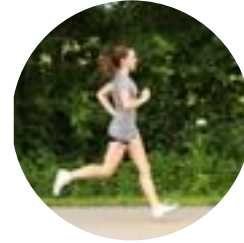
Lifting weights



Going to class



Playing Basketball



Running



Going to the movies



Hiking



Dancing



Cleaning



▽▲ Benefits of Hobbies: True or False?

Directions: Mark each statement as true or false.

	True	False
1. Hobbies bring joy to your life.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
2. Hobbies are boring.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
3. Hobbies help you learn new skills.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
4. You must do hobbies alone.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
5. Hobbies connect you to people with the same interests.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
6. Hobbies can give you self-confidence.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
7. Hobbies are scary.	<input type="checkbox"/>	<input type="checkbox"/>
.....		
8. Hobbies are fun.	<input type="checkbox"/>	<input type="checkbox"/>



### ▽▲ My Hobbies: Self-Evaluation

*Directions:* Answer the questions below.

1. I have \_\_\_\_\_ hobbies that are interesting to me.

0	1	2	3	4	5
---	---	---	---	---	---

2. I do my hobby \_\_\_\_\_ minutes each time.

5	10	15	20	25	30
---	----	----	----	----	----

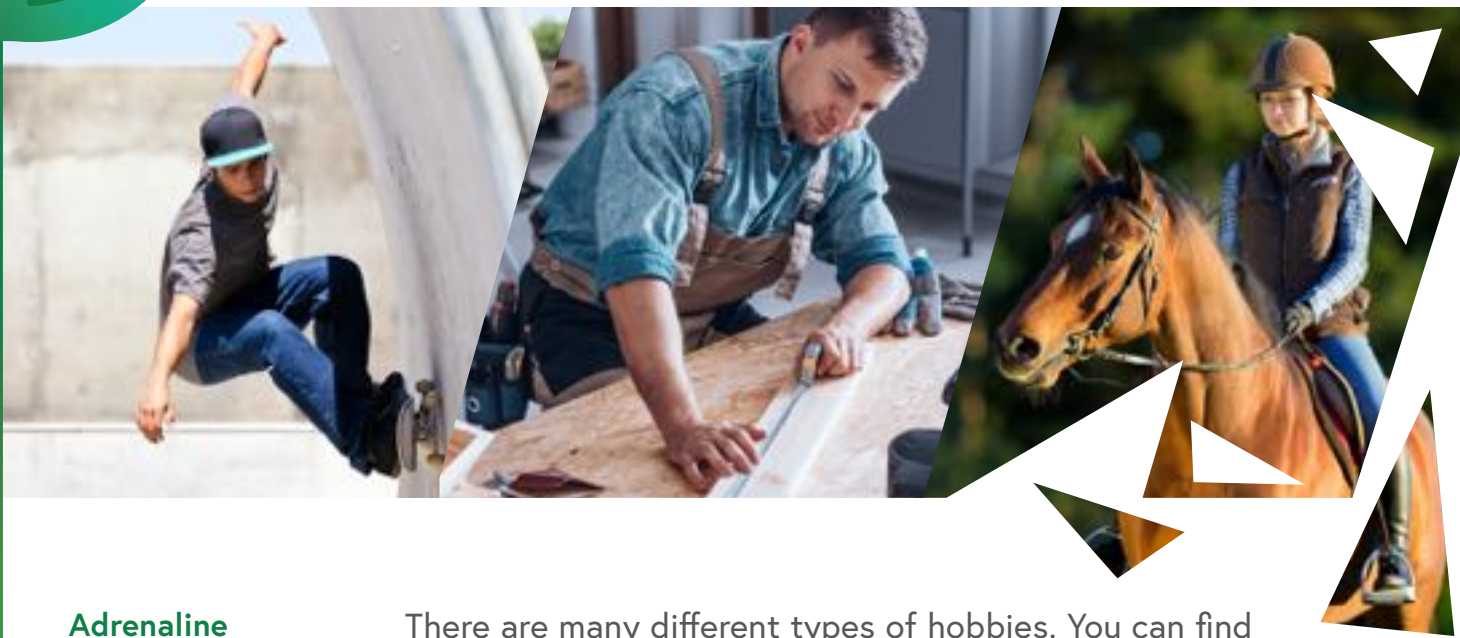
3. I do my hobby \_\_\_\_\_.

at home	at the gym	outdoors	alone	with friends
---------	------------	----------	-------	--------------

4. Here is a picture of the hobbies I like:



# There are many different types of hobbies.



**Adrenaline**  
*hormone that makes us feel extreme excitement or nervousness*

**Creative**  
*to have talent involving the imagination or original ideas, especially in art, music, or new things*

There are many different types of hobbies. You can find hobbies that fit your interests. If you love nature, hobbies like gardening, hiking, birdwatching, fishing, swimming, traveling, photography, or horseback riding might be for you. If you enjoy an **adrenaline** rush by exercising, you may want to choose outdoor activities and sports. Fun outdoor activities include football, basketball, tennis, biking, skating, skateboarding, cycling, and more!

If you are **creative**, painting, pottery, reading, writing, cooking, or knitting are great options. If you are adventurous, you may try windsurfing, scuba diving, snorkeling, hiking, or camping. The possibilities are endless!



**▽▲ Identifying Types of Hobbies**

*Directions:* Write each type of hobby in the correct category.

**Outdoor Hobbies**

**Creative Hobbies**

**Sports/Games**

--	--	--



Hiking



Games



Kayaking



Playing piano



Basketball



Ceramics



Horseback riding



Soccer



## ▽▲ Hobbies I Like

*Directions:* Circle all the different activities that you like.



Drawing



Yoga



Kayaking



Ping Pong



Sewing



Skateboarding



Reading



Swimming



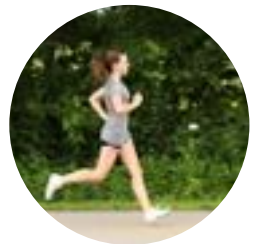
Lifting weights



Biking



Basketball



Running



Cooking



Hiking



Dancing



Gardening



▽▲ Hobbies I Don't Like

Directions: Circle all the different activities that you do not like.



Drawing



Yoga



Kayaking



Ping Pong



Sewing



Skateboarding



Reading



Swimming



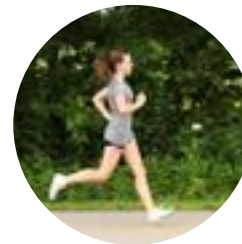
Lifting weights



Biking



Basketball



Running



Cooking



Hiking

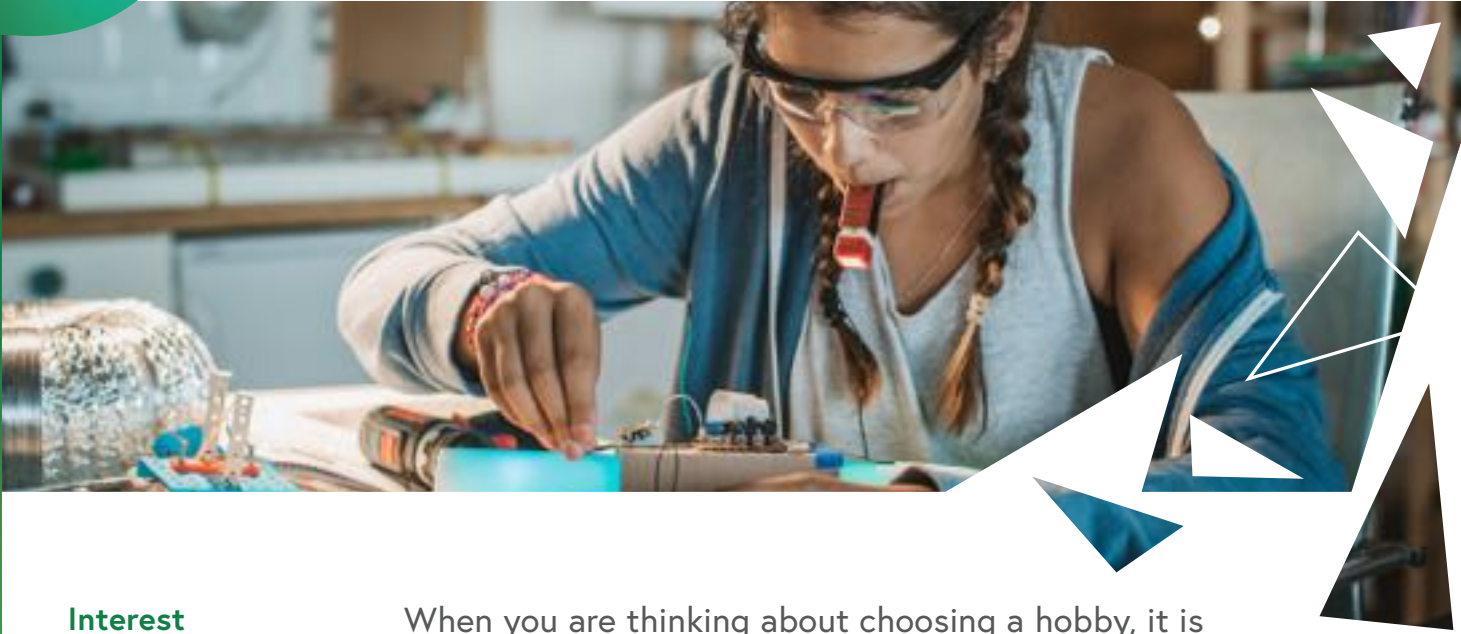


Dancing



Gardening

## It is important to find a hobby that is right for you.



### Interest

*to want to know or learn about something*

### Competition

*the act of trying to win something*

When you are thinking about choosing a hobby, it is important that you don't confuse having an **interest** with having a hobby. An interest is something you are naturally curious about and want to learn. For example, you may be interested in learning about famous surfers and watching surf **competitions** on TV. An interest does not require you to do the activity. A hobby is any enjoyable leisure activity that you do during your free time. A hobby is something you **DO** like learning a new skill, or collecting, building, or creating something. An example of a hobby would be learning **HOW** to surf.

It is important to consider which hobbies are right for you. It is good to think about what supplies or equipment you will need, if you can do your hobby alone or if you need a group, and if you need someone to teach you.





**▽▲ Is This Hobby for Me?**

*Directions:* Choose 3-4 activities that you like to do or would like to try. Fill out the chart to see if it is a fit for you.










Hobby	Can you do this hobby alone or with a friend?	List the supplies you need:	Do you need to be taught?
	<input type="checkbox"/> Alone <input type="checkbox"/> With a Friend	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Alone <input type="checkbox"/> With a Friend	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Alone <input type="checkbox"/> With a Friend	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Alone <input type="checkbox"/> With a Friend	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> No



# activity

## ▼▲ Hobby or Interest?

*Directions:* Check the box to determine if the activity is a hobby or an interest.

Activity	Hobby	Interest
 Learning about space		
 Playing chess		
 Playing the guitar		
 Reading about birds		
 Growing an herb garden		
 Hiking		
 Painting		
 Playing soccer		
 Collecting coins		



## ▽▲ Finding the Right Hobby

*Directions:* Read the questions and select your answer.

1. I would like to have a hobby that I can do \_\_\_\_\_.



indoors



outdoors

2. I would like a hobby I can do \_\_\_\_\_.



with friends



by myself

3. Hobbies I am most interested in are the ones that need me to \_\_\_\_\_.



move my body



be creative

4. I am looking for a hobby that uses \_\_\_\_\_.



special  
equipment



equipment  
I have at home

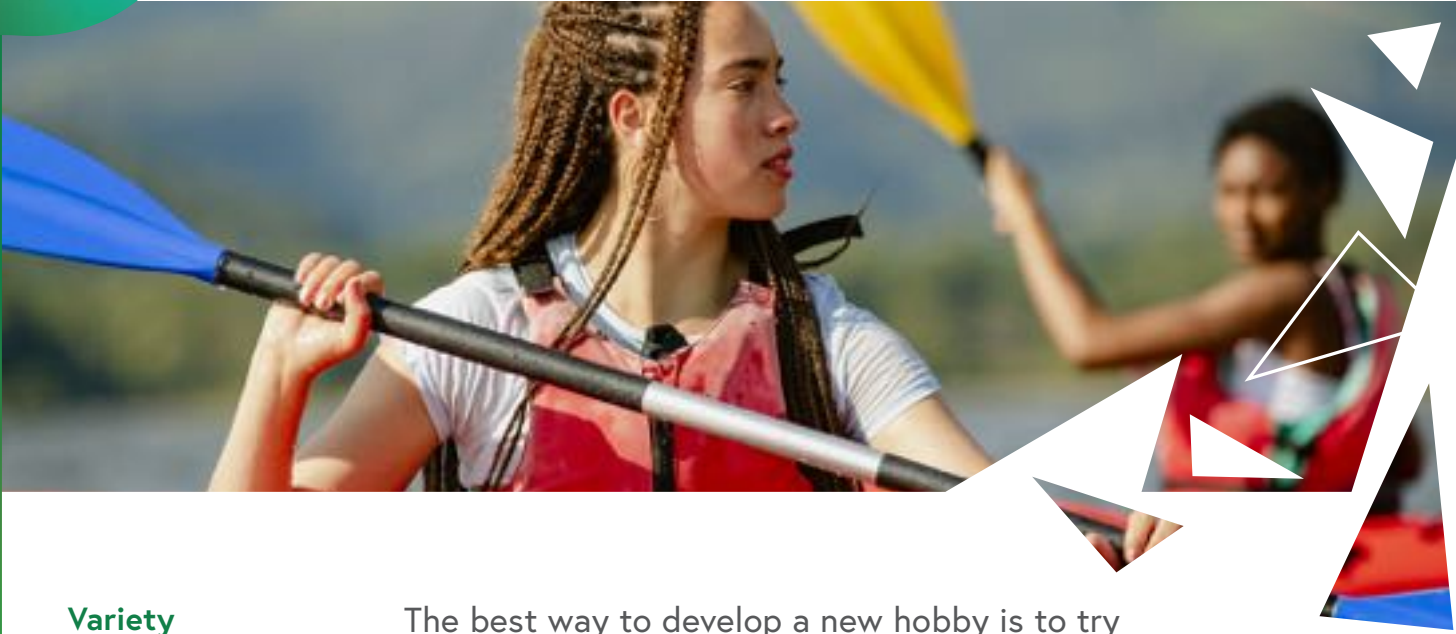
5. Three hobbies that fit what I am looking for are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Trying new things can help you find hobbies you love.



**Variety**  
*different forms  
or types*

**Passionate**  
*showing strong  
feelings or beliefs*

The best way to develop a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore. Of course, we are all unique and our interests and hobbies will be different. Sometimes trying new things can be frustrating. You might not be very good at your hobby right away. But trying something new can give you a chance to decide if you like something or not. Sometimes you must try something to know if it is for you.

It is best to think about choosing a **variety** of hobbies. For example, if you already have plenty of outdoor hobbies for the summer, you may want to explore an indoor activity you can do during the winter.

Once you find a hobby that you truly enjoy and are **passionate** about, you might become hooked. It can become part of your life and interest you in a very personal way.



▽▲ Choosing New Hobbies

*Directions:* Circle all the different hobbies that you have NEVER tried before.



Surfing



Yoga



Kayaking



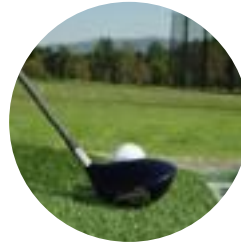
Ping Pong



Horseback riding



Skateboarding



Golfing



Swimming



Photography



Biking



Rollerskating



Woodworking



Cooking



Hiking



Paintball

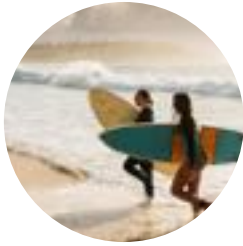


Gardening



▽▲ New Hobbies I Will Try

Directions: Circle 2-3 hobbies that you would be willing to try.



Surfing



Yoga



Kayaking



Ping Pong



Horseback riding



Skateboarding



Golfing



Ceramics



Photography



Magic



Rollerskating



Woodworking



Cooking



Hiking



Paintball



Gardening



### ▽▲ Researching My New Hobby

**Directions:** Choose ONE new hobby from the previous page and use the Internet to learn more about it. Answer the questions below.

1. My new hobby will be \_\_\_\_\_.

2. I need the following supplies for my new hobby:

- \_\_\_\_\_
- \_\_\_\_\_

3. I \_\_\_\_\_ need classes or lessons for my new hobby.

Do

Do not

4. The person that can teach me or help me with my new hobby is \_\_\_\_\_.

5. Here is a picture of my new hobby:



# Practicing your hobby will help you improve your skill.



**Practice**  
*to perform an activity regularly*

**Confident**  
*to be certain about one's own abilities*

**Practice** means to repeat an activity regularly. Practice is important for learning and becoming skilled at hobbies. Practicing allows you to set goals until you learn a new skill. Repeating skills during practice also allows you to learn from your mistakes and become more **confident** in the activity. It is okay to make mistakes. You learn a lot about yourself when practicing sports, playing games or music, or doing crafts. Practicing something new challenges you to step out of your comfort zone. When you learn a new skill, it can be easy to get discouraged with your progress. Learning something new takes time. The most important thing is that you stick with your hobby and keep working toward your goal. If it feels challenging to practice your hobby, consider choosing a partner, friend, or coach to practice with. This is a great way to get feedback and to continue to grow your skills.





### ▽▲ Practicing My Hobby

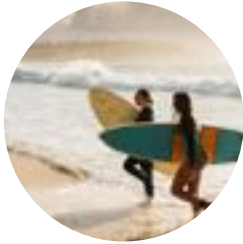
**Directions:** Learning a new skill takes practice. If you are choosing a new hobby or want to get better at one that you already like, you will still need to spend time doing your hobby. Use the chart to fill in the date you practiced your hobby and what activities you did.

Date	Day	Activity
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	



▼▲ Do I Need to Practice This Hobby?

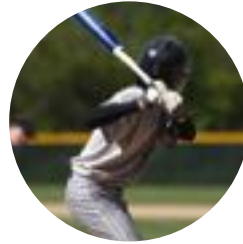
*Directions:* Circle all the hobbies that require you to practice in order to improve your skills.



Surfing



Playing chess



Playing baseball



Knitting



Doing puzzles



Playing video games



Golfing



Watching movies



Painting



Bowling



Rollerskating



Camping



Cooking



Hiking



Singing



Gardening



### ▽▲ Good Idea or Bad Idea?

**Directions:** Below are statements about people and their hobbies. Read each statement. Circle the happy face if you think it is a good idea, or the sad face if you think it is a bad idea.

1. John tries to learn how to play checkers; he never wins, so he never plays checkers again.  

---

2. Rene has always wanted to learn how to paint, so she takes an art class.  

---

3. Emanuel loves soccer; he doesn't want to try any other hobbies.  

---

4. Karen wants to play tennis, but doesn't have any equipment. She decides to do swimming instead.  

---

5. Katie is learning to play the piano, but she never practices.  

---

6. Sophia doesn't like hobbies and won't try anything new.  

---

7. Joshua loves hobbies and tries every new hobby he can.  

---

8. Zack likes to play handball with his friend, Pete, but he won't play with anyone else.  

---

9. Mario only wants to watch TV; he doesn't like hobbies.  

---

10. Antonio is learning to draw, but he gets frustrated when he makes mistakes and tears up his creations.  