

Hobbies



Hobbies and Play

Hobbies and Play are not just about fun. Hobbies are crucial in the development of motor skills for children and they serve as an educational tool for adults and children alike.

Engaging in a hobby enables you to acquire substantial skills, knowledge and experience with the ultimate goal for hobbyists being personal fulfilment.

Participation in hobbies commonly occurs during an individual's personal time and is their 'time out' from the pressures of ordinary life. Hobbies can serve as an escape from school for children and from work for adults.

Playing with hobbies is an instrumental method of developing real life skills. It helps in the areas of problem solving, skills development, creative development, budgeting or simply learning to follow instructions in a correct order to achieve the desired outcome.

In addition, hobbyists have the opportunity to socialise with like minded people and learn more about their interests through clubs and associations. Hobbies are also non-generational therefore anyone, irrespective of age, can join in. They are a great opportunity for families to interact together.

The breadth of hobbies is enormous with model trains, radio controlled cars, trucks, buggies, planes, gliders, construction kits, die cast and collectibles and crafts all serving under the same banner to help the development of children and adults.

Keep reading on for some more information on individual hobbies:

Collecting



The hobby of collecting consists of acquiring specific items based on a particular interest of the collector. These collections of things are often highly organised, carefully cataloged, and attractively displayed. Since collecting depends on the interests of the individual collector, it can deal with almost any subject. The breadth of collecting is endless whether it be stamps, spoons, lamps, furniture, toys – it really can be anything.

Modelling

Modelling can consist of model railway construction, plastic and wooden kit building, clay modelling, dolls house construction and more. It is the replication of anything miniature.





Remote control vehicles

This is a great way of learning the properties of complex machines and how they function (on a significantly reduced size to the actual items they represent). This hobby is excellent for developing hand / eye coordination and offers a great opportunity to be competitive through racing against others.

Games

A game is a structured or semi-structured recreational activity, usually undertaken for enjoyment and competition. Players have a goal that they try to reach and a set of rules concerning what the players can or cannot do. This creates challenge and structure in a game. Playing games generally involves mental and/or physical stimulation and also helps develop practical skills.

Outdoor Recreation

Outdoor recreation can be loosely considered to be the group of sports and activities which are dependent on the great outdoors, involving such things as hill walking, trekking, canoeing, kayaking, climbing, caving, and arguably broader groups such as watersports and snowsports. This is a great means of achieving an adrenaline rush or an escape from reality. Outdoor recreation is an effective medium for education and team building.

Arts & Crafts

Arts and crafts comprise a whole host of activities and hobbies that are related to making things with one's own hands and skill. These can be sub-divided into handicrafts or "traditional crafts". Some crafts have been practised for centuries, while others are modern inventions. This hobby is excellent for developing hand / eye coordination and offers a great opportunity to be competitive and race against others at organised events.



learn and develop children's brains

The ATA encourages parents and carers to introduce hobbies into their children's lives. Hobbies provide the opportunity to learn and develop children's brains, their physical fitness and coordination, their social skills and their tolerances. In doing this, children have less idle time and therefore less opportunity of engaging in a 'negative' or 'troublesome' lifestyle.



For further information:
ATA, PO Box 74, North Melbourne VIC 3051

Also visit www.austoy.com.au

This leaflet is available for download from the Parents Section at www.austoy.com.au