

THE ENRICHMENT PROJECT

Badge Program

larajla.com



Explore Hobbies

Hobbies can take you away from your normal life.

Reducing stress is just one of the many benefits. You can also add to your education in a fun, exciting way!

Explore what's out there and find an activity you enjoy.

EXPLORE HOBBIES

Steps

1. Look at hobbies — include tech, crafts and sports.

The supplement “AEP_Supp_Hobby Possibilities.pdf” shows a starting list of possible hobbies. Choose one you’d like to try from the list or discover your own from your individual interests. Find something you like . . . or maybe more than one if you’re more ambitious.

2. Traditional research for your chosen hobby.

Go to the library and check out a book or two. Start in the kids’ section as the material presented here is easier to grasp when you’re starting a new hobby.

3. Online research for your chosen hobby.

Go to your favorite search engine and do a search for your hobby. You can also check out the following types of sites:

- Teacher lesson plans
- Kid / parent activity sites
- Homeschooling sites
- Vendor / supplier sites

4. Take a class in the hobby you’ve chosen.

Check out local hobby and craft stores, interest groups or even online classes. Perhaps your local YMCA or park system has enrichment programs for adults. Take a class. This will give you some basic information, a teacher for questions and a group of like-minded individuals to join.

5. Practice your new hobby alone or with a group.

The nature of your chosen hobby may lead you to do it alone or in a group. Some will allow you do both. Do not discount online groups as well as those that meet locally. Some may cost money such as a scrapbooking consultant who will teach you scrapbooking at no cost, but you have to pay for the representative’s products to participate.

6. Share your new hobby with family and friends.

Show what you have learned and be able to answer the following questions.

- Why did you choose it?
- Would you do it again?
- What did you like / didn’t like about it?
- How can you share your experiences?

7. Share your new hobby with other enthusiasts and find out more information.

Share your new hobby with other enthusiasts and find out even more information.

- Web (Yahoo! Groups, blogs, etc.)
- Local individuals
- Formal or informal groups
- Vendors / suppliers



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8. Teach others what you've learned.

Turn your hobby into a training session for other adults, teach it to kids or even family members who show an interest.

9. Start or help with a club for your hobby.

Sharing your hobby not only expands your knowledge, you also can have fun with others sharing similar interests. Find a local or online club / group that also enjoys your chosen hobby. Join and participate in the club. If you cannot find a club, start your own!

10. From hobby to career.

Some people enjoy their hobby so much they make it a successful career. Writing about your hobby, providing supplies / resources or even teaching can provide either supplemental or full income. Explore the possibilities of how you can make money from your hobby.

11. Create a hobby.

Perhaps you find you like more than one hobby. You can create a new one from combining things you already like to do. Wind surfing is a great example of taking two different sports and combining them in a new way.

You can also create one from scratch if there is no hobby covering what you like. You may be amazed when others start asking you to share your hobby.

12. Write up a badge program for your hobby.

Another way to share your hobby is to create a badge program. After creating your own steps, ask another enthusiast look at it to see if it is complete. Make adjustments as needed and submit it to the Enrichment Project, larajla@gmail.com.

Supplements

AEP_Supp_Hobby Possibilities.pdf

List of hobby possibilities to get you started

Sites to Explore

www.entsoboringlife.com

www.findmeahobby.com

www.discoverahobby.com

www.wikihow.com/Find-a-Hobby

www.buzzle.com/articles/list-types-of-hobbies

lifestyle.iloveindia.com/magazine/hobby-ideas-7.html

www.ehow.com/hobbies

www.hobbies-and-pastimes.com

lifezap.com/8-easy-ways-find-new-hobbies

freeintenyers.com/frugal-tips/100-cheap-hobbies

www.artofmanliness.com/2010/01/06/45-manly-hobbies

Check out [larajla's Enrichment Project](#) to start your own adventure.