

January is National Hobby Month. It's a great time to think about those hobbies you forgot you loved or tap into new ones to get your mind and body even more active.

But there are tons of things to get involved in. Also, there are clubs for everything – the Corvette club, the bird watchers club, home brewer's club, the model car club and on and on.

I've found my hobbies have acquired me a great network of friends. There's nothing quite like doing something you love with people who share the same passion – and you never would have met them without enjoying that hobby.

## • Celebrating National Hobby Month

- 1 Pick a new hobby to try as a family.
- 2 Learn about the hobbies of other **family members**.
- 3 Give an honest try to a hobby you've never considered before.
- 4 Ask **your family** what hobbies they have always wanted to try.
- 5 Try to take your hobby from spare time to a career.

Thirty-odd years ago, almost every kid in my neighborhood had some sort of hobby. Collecting and trading baseball cards was a popular pastime (one that's making a strong comeback today), as were coin and stamp collecting. One of my friends was into photography (he's now a photographer), another was into building radios (he's now an electrical engineer).

Hobbies benefit children in numerous ways. Because they are expressions of personal accomplishment and a means of self-discovery, hobbies help build self-esteem.

Hobbies are educational tools, as well. For example, a child who becomes interested in rocketry -- one of the most popular hobbies, by the way -- learns about propulsion and aerodynamics. By working on hobbies, children learn to set goals, make decisions, and solve all sorts of problems. Finally, hobbies often mature into lifelong interests, even careers.

## **How to Find a Hobby for Your Child**

If all of that sounds good, and you'd like to help your children develop and sustain a hobby interest, try these suggestions:

**Set a good example.** Scott Harris, a hobby shop buyer and hobby workshop leader in Gastonia, North Carolina, finds that children with hobbies tend to have parents with hobbies.

**Be prepared to sacrifice space.** Your child will need work space for his or her hobby projects. Designate a particular room, a corner of the basement, part of the garage, or similar area. Regardless of where you set up the space, your child should be able to walk away from the hobby and come back to it later. The work space should also allow for plenty of paint spills, scratches, and other hobby-related accidents -- the inevitable by-products of creative activity.

**Provide some guidance.** "Nothing will kill a child's enthusiasm for a hobby quicker than lots of frustration during the learning stage," cautions hobby expert Harris. Help your child get off to a good start by demonstrating how to closely follow a set of directions, and how to handle sometimes-delicate hobby materials with proper care.

**Limit television watching.** Since 1955, when it became a fixture in America's households, television has come to dominate the spare time of the American child. By age 15, the average child has spent more time watching television than sitting in a classroom. Let's face it, it's impossible to work on a hobby and watch TV (or play video games) at the same time.

The easiest way to find a new hobby is to check out a thorough list of hobbies. If the list is long enough you're bound to find something that looks interesting.

1. Aircraft Spotting
2. Airbrushing
3. Airsofting
4. Acting
5. Aero modeling
6. Amateur Astronomy
7. Amateur Radio
8. Animals/pets/dogs
9. Arts
10. Astrology
11. Astronomy
12. Backgammon
13. Badminton
14. Baseball
15. Basketball
16. Beach/Sun tanning
17. Beachcombing
18. Beadwork
19. Beat boxing
20. Becoming A Child Advocate
21. Bell Ringing
22. Belly Dancing
23. Bicycling
24. Bird watching
25. Birding
26. BMX
27. Blacksmithing
28. Blogging
29. Board Games
30. Boating
31. Body Building
32. Bonsai Tree
33. Boomerangs
34. Bowling
35. Bridge Building
36. Bringing Food To The Disabled
37. Building A House For Habitat For Humanity
38. Building Dollhouses
39. Butterfly Watching
40. Button Collecting
41. Cake Decorating
42. Calligraphy
43. Camping
44. Candle Making
45. Canoeing
46. Car Racing
47. Cave Diving
48. Cheerleading
49. Chess
50. Church/church activities
51. Cigar Smoking
52. Cloud Watching
53. Coin Collecting
54. Collecting
55. Collecting Antiques
56. Collecting Artwork
57. Collecting Music Albums

58. Compose Music
59. Computer activities
60. Cooking
61. Crafts
62. Crocheting
63. Cross-Stitch
64. Crossword Puzzles
65. Dancing
66. Darts
67. Die cast Collectibles
68. Digital Photography
69. Dolls
70. Dominoes
71. Drawing
72. Eating out
73. Educational Courses
74. Electronics
75. Embroidery
76. Entertaining
77. Exercise (aerobics, weights)
78. Fast cars
79. Fencing
80. Fishing
81. Football
82. Four Wheeling
83. Freshwater Aquariums
84. Frisbee Golf -
85. Games
86. Gardening
87. [Garage Saleing](#)
88. Genealogy
89. Ghost Hunting
90. Glow sticking
91. Going to movies
92. Golf
93. Go Kart Racing
94. Grip Strength
95. Guitar
96. Handwriting Analysis
97. Hang gliding
98. Hiking
99. Home Brewing
100. Home Repair
101. Home Theater
102. Horse riding
103. Hot air ballooning
104. Hula Hooping
105. Hunting
106. Illusion
107. Internet
108. Jet Engines
109. Jewelry Making
110. Jigsaw Puzzles
111. Juggling
112. Keep A Journal
113. Kayaking
114. Kitchen Chemistry
115. Kites
116. Kite Boarding
117. Knitting
118. Knotting
119. Lasers

120. Lawn Darts
121. Learn to Play Poker
122. Learning A Foreign Language
123. Learning An Instrument
124. Learning To Pilot A Plane
125. Leather crafting
126. Lego's
127. Listening to music
128. Macramé
129. Magic
130. Making Model Cars
131. Matchstick Modeling
132. Meditation
133. Microscopy
134. Metal Detecting
135. Model Rockets
136. Modeling Ships
137. Models
138. Motorcycles
139. Mountain Biking
140. Mountain Climbing
141. Musical Instruments
142. Needlepoint
143. Owning An Antique Car
144. Origami
145. Painting
146. Paintball
147. Papermaking
148. Paper Mache
149. Parachuting
150. People Watching
151. Photography
152. Piano
153. Pinochle
154. Playing music
155. Playing team sports
156. Pottery
157. Puppetry
158. Pyrotechnics
159. Quilting
160. Rafting
161. Rail fans
162. R/C Boats
163. R/C Cars
164. R/C Helicopters
165. R/C Planes
166. Reading
167. Reading To The Elderly
168. Relaxing
169. Renting movies
170. Rescuing Abused Or Abandoned Animals
171. Robotics
172. Rock Collecting
173. Rockets
174. Rocking AIDS Babies
175. Running
176. Saltwater Aquariums
177. Scrapbooking
178. Scuba Diving
179. Sewing
180. Shark Fishing
181. Skeet Shooting

182. Shopping
183. Singing In Choir
184. Skateboarding
185. Sketching
186. Sky Diving
187. Sleeping
188. Snorkeling
189. Soap Making
190. Soccer
191. Socializing with friends/neighbors
192. Spending time with family/kids
193. Stamp Collecting
194. Storytelling
195. String Figures
196. Surf Fishing
197. Swimming
198. Tea Tasting
199. Tennis
200. Tesla Coils
201. Tetris
202. Texting
203. Textiles
204. Tombstone Rubbing
205. Tool Collecting
206. Toy Collecting
207. Train Collecting
208. Train Spotting
209. Traveling
210. Treasure Hunting
211. Trekkie
212. Tutoring Children
213. TV watching
214. Urban Exploration
215. Video Games
216. Volunteer
217. Walking
218. War hammer
219. Watching sporting events
220. Windsurfing
221. Wine Making
222. Woodworking
223. Working In A Food Pantry
224. Working on cars
225. Writing
226. Writing Music
227. Writing Songs
228. Yoga
229. [YoYo](#)

**Get out there find a hobby. See just how much enjoyment it  
will bring to your life.**

**HAVE FUN – GET STARTED TODAY**