

Hobbies

hobbies and play

Hobbies and play is not just about fun. Hobbies are crucial in the development of fine motor skills for children and they serve as an education for adults. Whilst some hobbies strike many people as trivial or boring, hobbyists find them compelling and entertaining.

Engaging in a hobby enables the hobbyist to acquire substantial skills, knowledge, and experience. However, the ultimate goal for hobbyists is personal fulfillment. Hobbies are practised for interest and enjoyment, rather than financial gain.

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 development 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 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 train sets, radio controlled cars, trucks, buggies, planes, gliders, model kits, die cast, wooden kits and crafts also 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 process of collecting, organising and displaying can be a cathartic exercise that separates the collector from the stress of ordinary life.

Modeling



Whether it is baseboard construction, track laying, electrical wiring or painting - modeling is an enormously popular hobby in Australia. Modeling is a great opportunity for hobbyists to develop their construction and artistic skills.





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 item it represents). This hobby is excellent for developing hand / eye co-ordination 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 winning. 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 involve mental and/or physical stimulation and also help 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. The beauty of arts and crafts is that there is generally an end product and therefore a personal achievement is reached in the process of combining hands and skill.

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 co-ordination, 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:
Australian Toy Association
PO Box 7061, St Kilda Road, Melbourne VIC 8004
Email: admin@austoy.com.au
Also visit www.austoy.com.au

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

