



Community Expressive Arts

Hobbies &



You!

OBJECTIVES

- Develop interests and hobbies.
- Develop fine-motor skills.
- Develop an expression of oneself.

GROUP SIZE

6–8 children per adult volunteer

TIME FRAME

This lesson is designed for a group meeting between 30 and 60 minutes. Each activity will take about 5–15 minutes to complete.

BACKGROUND

A hobby is a pursuit engaged in for relaxation. Children need to explore a wide variety of areas to help them discover topics, which interest them, entertain them, and help them to utilize and expand their creativity. These experiences help teach them fine- and large-motor skills, as well as organizing and planning. They can also develop interests which last a lifetime, either as a long-term hobby or an occupation. When we think of a hobby, we think of a pastime that is pursued in one's free time or what we call leisure time. In today's society, use of leisure time is very important. Americans have more leisure time to pursue hobbies and special interests after they work than did any of our ancestors. Due to this reality, it is projected

that more people will be able to develop careers to assist others in the use of their leisure time, or they will have careers that are so stressful that leisure-time relaxation will be vital to help them lead a balanced and healthy life.


LIFE SKILL AREAS

- Fine-motor skills will be developed through exploration of one of the following home hobbies: weaving, sewing, woodworking, painting, or other home hobbies.
- Social skills will be developed by interacting with other members in the group during the discussion of hobbies, home hobbies, leisure time, and in interacting with others who share their home hobbies and/or volunteers who share their creations or craft.
- Learning is based upon trial and error, and skilled crafts people can show how growth can occur in their leisure-time activity. Physical skills are required for many home hobbies.
- Hand-eye coordination is enhanced.
- Some crafts take not only fine-motor skills, but other motor skills can be developed as well.
- If collecting something becomes a hobby, a child will learn skills of organizing and classifying.

HELP FOR VOLUNTEERS

Try these suggestions:

- Choose one or two of the following activities from each section.
- Try to create appropriate atmosphere by decorating the room with posters and props, using costumes related to the activity, pre-meeting preparation by the 4-H members, thinking about special seating arrangements, and playing background music.



**ALABAMA
COOPERATIVE
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Getting Started

ACTIVITY

Name as Many Hobbies as You Can

Materials: poster and markers, or paper and pens, pencils, and crayons
Ask each child to name a hobby and a person who has that hobby. Some are listed here to help come up with a list.

Collecting: Coins
 Leaves
 Toys
 Marbles
 Sports cards
 Stamps

Drawing

Cooking

Building Models: Cars
 Planes
 Rockets
 Boats

Painting

Flower Arranging

Sewing

Playing Musical Instruments

Knitting

Singing

Weaving

Acting

Spinning

Reading

Divide hobbies into categories listed below, or circle the hobbies that would be considered home hobbies.

Home Hobbies – Sports – Recreation - Other

Application: *Home Hobbies* today are often crafts or pastimes that once were done in the home by family members when those services were not available elsewhere. Some of these crafts are skills that were common to our parents and grandparents but will be lost if we do not learn them and pass them down from one generation to the next. How can you make a difference?

Digging Deeper

ACTIVITY *Lace-a-Pet, Lace-a-Puppet, Lacing and Tracing Animals*

Materials: stitching crafts from a department store or an educational supply store
Teach children basic sewing skills by having them stitch together various designs from animals to puppets. Children will learn different stitches in order to complete the activities. Do these as a group to save on material costs.

Application: Stitching is one of many home hobbies that is fun to do. Ask a local sewing store if they know of someone who enjoys weaving that would like to come talk to your Cloverbud group. Ask them to bring some completed crafts for display and to give a demonstration.

ACTIVITY *Weaving*

Materials: brown felt, buttons, pinking shears, pattern, pencils, needles, embroidery floss, and fiberfill. Using a paper pattern, make a heart basket, a place mat, or use a small loom to make a potholder.

Application: A hobby can help your family by making things that would otherwise have to be purchased. Homemade items are also nice to have because they are unique and because they are made by someone special. Many home hobbies make wonderful gifts!

ACTIVITY *Woodworking*

Materials: a precut kit for a wooden toy, bookends, bird feeder, birdhouse, or other wood kit

- Put together a precut kit for a wooden toy or birdhouse as a group.
- Make a Cloverbud Club birdhouse or feeder.
- Make a pair of bookends.

Application: Making homes for birds provides them with a safe place to live and allows you to watch the birds flying to and from their home. Your home is made mostly of wood. Wood can



be cut into virtually any shape, and can be used to make many different items. Hobbies are only limited by your interests. What are your hobbies?

ACTIVITY *Drawing or Painting*

Materials: paper, pencils, crayons, pens, paint, and canvas-covered frame

Application: Many people find drawing and painting to be relaxing. The reward for learning how to work with art supplies is that you can express your feelings and create a picture that you like to look at. Invite a local artist to share with the group about what tools and materials they may use.

Looking Within

ACTIVITY *Sharing*

Materials: Ask children to bring a collection (any group of items) they could tell the other Cloverbuds about. Ask them why they started collecting, how long they have been doing it, if there is another item that would make their collection complete, and what they find special about the items they have collected.

Application: Each person has different interests or hobbies. Why is it fun to have hobbies?

Reaching Conclusions

ACTIVITY *Beading*

Materials: beads, buttons, macaroni, colorful straws cut into small pieces, string, small bowls, and trays. Provide an assortment of colorful beading materials in the small bowls. Give each child a tray to work on (or newspaper with the corners rolled up so the beads won't fall on the floor) and a length of string for a necklace and a bracelet.

Application: Hobbies can be simple or complex. Beading can be done with simple beads, or one could make fancy jewelry with gold, silver, and precious stones. Archeologists

still find valuable beads made out of clay, stones, and bones that people made thousands of years ago in South American countries. Beading is a hobby you can wear.

Going Beyond

ACTIVITY *Cup Gardening*

Materials: cups, seeds (large seeds work best: beans, squash, corn), a bag of potting mix, and a bucket or deep tray. Put the potting mix into a bucket or deep tray and add enough water to moisten it. With hands (some little volunteers may want to do this part; ask them who wants to take turns) combine the potting mix and the water. It is wet enough when a handful has a few drops of water come out when you squeeze it. Let each child select a cup (or bring one from home) and scoop enough moistened potting mix from the bucket or tray to fill the cup. Have a selection of seeds to choose from in cups with the picture of the plant (or the package) next to or taped onto the corresponding cup of seeds. Let them poke a small hole in the cup of potting mix with a finger, stick, or pencil. Demonstrate how to put the seed in and cover up the small hole they have made in the potting soil. Continue watering the cup garden until the seeds begin to grow.

Application: Gardening is a hobby that can be done outside and provides food for one's family—a hobby you can eat!

Reading Adventures

This listing of reading materials can be used as background information, for sharing before the group activity to set the stage for learning, or for sharing afterwards to reinforce the activity.

Creative Crafts from Plastic Bottles, by Nikki Connor

Creative Crafts from Plastic Cups, by Nikki Connor

Masks, by Ting and Neil Morris

Animals, by Penny King and Clare Roundhill

Adapted from materials developed by Ohio State University Extension and Penn State University Cooperative Extension.