

## Hobbies and Interests

Enriching and Enjoyable



Achieving a good balance of curricular and co-curricular activities is equally important at school – from the arts, to sport, to music. If you have a hobby, you will feel more confident in social settings and have something to share with your friends. Hobbies will give you an opportunity to express yourself, and are great educational tools. You will learn to set and achieve goals, solve problems and make decisions. Hobbies can also set the course for what you become later in life.

### Activity 1 – Do it yourself

A very creative and economical hobby is craft, especially where you use waste materials available at home. You can use old newspapers, some paint and glue to make paper mache bowls, pen holders and give your friends these self-made presents. You can follow the steps given below

Steel bowl (donga), newspaper, water, maida, acrylic paint, paintbrush and scissors.

1. Using scissors, cut a newspaper into 1-inch strips.
2. Make your paper mache mixture, by mixing together 1 cup maida and 2 cups water in a large bowl. Stir it well until it's a smooth, thin consistency, similar to dosa batter.
3. Take a medium steel bowl to be used as the mold for your paper mache.
4. Coat the outside of the bowl with some oil. This will make it much easier to remove the paper mache, once the bowl is dry.
5. Dip the strips of newspaper into the paste. Wipe the strip, so it's not dripping wet, and apply it on top of the bowl. Repeat this process with the newspaper strips, laying them in different directions until the whole bowl is covered. If the edges of the strips extend past the bowl, just fold that back in or cut them off later.
6. Allow the bowl to dry. While it might seem dry after a couple of hours, it's best to let it dry overnight; however, you can take it off of the glass bowl mold after two hours. Place under a fan to help it dry more quickly and more thoroughly.
7. Once completely dry, carefully remove the paper mache off the bowl,
8. Finally, use acrylic paints to decorate the bowl any way you like. You could paint the interior with a solid color and a design on the outside.
9. Your gift is ready.

## Activity 2 - Watch Online Documentaries

You can find lots of free documentaries on the websites of TV channels, or even on Youtube, covering hundreds of subjects, such as history or the ocean. You could also finally watch your favorite actor's, author's or sportsperson's biography.

[https://www.youtube.com/channel/UCOELRTJYICt\\_9iMUppKrOsg](https://www.youtube.com/channel/UCOELRTJYICt_9iMUppKrOsg)

## Activity 3 - Learn How to Cook

Cooking is a useful life skill as well as a fun way to spend your time. Take some basic ingredients and learn how to cook all of your favorite meals. Your family will appreciate whatever you make and it is a great way to enjoy together.

<https://www.youtube.com/watch?v=stjbnan6uUo&list=PL0KjPtx-OKKmUqR6mvABnVZfnon4e2Gi>

## Activity 4 - Learn to Dance

This hobby is great for your body and an enjoyable pastime. Use Youtube videos and tutorials to teach yourself new dance moves. Who knows you might get selected for a dance show on television.