

HOBBY HAPPINESS

By Rachel Barnes

We all spend a lot of time working and studying, but not enough time enjoying ourselves. In our fast-paced world, it's easy to forget to leave time for the things we enjoy, such as our hobbies.

Hobbies are important for our well-being. They should be a priority for all of us. They help us to switch off and relax. They are also a key part of our social life. Often people make new friends through their hobby. Hobbies can also help us to find new talents. A hobby might even help you to improve your career!



A couple cycling

A recent survey found that some of the most popular hobbies in the UK are cycling, golf, fishing and walking. Exercising like this has many benefits. It can improve both your mental and physical health beyond all recognition! However, not all hobbies involve working up a sweat. Some hobbies can be done in your own home. For example, cooking, playing cards or playing an instrument.

For those who want to be social but not exercise, there are ways around this too. One of the most popular modern hobbies is reading comic books and going to comic book conventions. A comic book convention is a gathering of comic

book fans. Fans can go and meet their favourite superheroes and take selfies with them. They can also meet the writers and artists that create the comics they love.



Learning to read

One of the benefits of a hobby is that it can help children to learn. For example, many children who do not like to read books often enjoy reading comic books and dressing up or 'cosplay'. When children dress up, they often want to play and recreate the stories they have read about. After all, what child doesn't love playing?

Children can also improve their reading skills through other hobbies like singing or by reading a recipe while they learn to cook. They might not think that they are learning but by doing something they enjoy, they are having fun, while improving their basic skills.

As you can see, hobbies are important for all age groups. Make sure you leave enough time in the day for yours.

Learning to read

Aim:

This report will discuss if children who have hobbies have better literacy skills. Can hobbies help children to learn? Are all hobbies good for children?

Why is it important to read and write?

Reading and writing are two of the most important skills we can learn. From an early age we are taught how to:

- say the alphabet
- write our names
- sound out words.

Parents and carers can help by reading stories to their children at bedtime. Literacy is important because it helps us to understand the world through reading about subjects like science and history. Children who read are often happier, healthier and more confident. As we grow up, it's important to have strong literacy skills so that we can get a job. Without good reading skills it could be difficult to understand documents like contracts and official letters.

Can hobbies help?

Research shows that hobbies can help children to learn. One of the best ways to learn is by doing something you enjoy. For example, lots of children love superheroes. Parents and carers can help a child build their skills by giving them comic books to read. Children can also learn new reading skills by taking part in activities like treasure hunts. Even looking after a pet can help. Children can read about their furry friend.

Are all hobbies good for children?

Some people worry that children spend too much time playing computer games. However, children can learn new words through playing computer games. Many of the characters from the games also have children's books written about them. Children should take part in a mix of activities. This will keep their minds healthy. Parents and carers can use what they are interested in to encourage them to read and write.

Recommendations:

The most important thing is that parents and carers help their children to read. If a child is enjoying something, they will find learning easier.

