



*My Hobbies  
and  
Leisure Time*

QLWG  
*Individual Life Skills*  
Unit 18

# QLWG Skills for Life

## Acknowledgements

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Central Québec School Board	Littoral School Board
Chateauguay Valley Literacy Council	Lester B. Pearson School Board
Eastern Shores School Board	New Frontiers School Board
Eastern Townships School Board	Quebec City Reading Council
English Montreal School Board	Riverside School Board
Gaspésie Literacy Council	Sir Wilfrid Laurier School Board
Kativik School Board	South Shore Reading Council
Laurentian Literacy Council	Western Quebec Literacy Council
The Learning Exchange	Western Québec School Board
Literacy in Action	Yamaska Literacy Council
Literacy Unlimited	

ISBN Number: 978-0-9812349-0-8

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# QLWG Skills for Life Series

## THEMATIC UNITS

Competency-based learning meets the needs of all learners. It is important to keep in mind, however, that all learners are different. In order to address the needs and interests of all learners, units have been divided by *Essential Life Skills* and *Individual Life Skills*.

*Essential Life Skills* are important for everyone, while *Individual Life Skills* address the needs and interests of different learners. Once learners have completed the “Essential” units, they may choose a unit that is applicable to their interests and lifestyle.

Essential Life Skills Units	Individual Life Skills Units
1. Orientation Unit 2. Around the Home 3. My Community 4. Being a Canadian Citizen 5. What’s for Dinner? 6. Managing My Money 7. Smart Shopping 8. My Health 9. All About Me 10. Communication Skills 11. Living in Quebec 12. Strategies for Reading 13. Strategies for Writing 14. Strategies for Grammar 15. Strategies for Numbers 1: Understanding Numbers 16. Strategies for Numbers 2: Adding & Subtracting 17. Strategies for Numbers 3: Multiplying, Dividing & Fractions	18. My Hobbies and Leisure Time 19. Employment Skills 20. On the Job 21. My Family 22. Entertainment (music and film) 23. Fitness and the Great Outdoors 24. Getting Around (travel and transportation) 25. Career Exploration 26. Getting My Driver’s Licence 27. Learning in Quebec 28. Living Green 29. Handling Legal Concerns 30. The Retirement Years



# QLWG *Skills for Life Series*

## My Hobbies and Leisure Time

### Unit # 18

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# WELCOME LEARNER!

This workbook is meant to help you develop important life skills. As you work on different activities, try to see the purpose in what you are doing, stay motivated and enjoy!

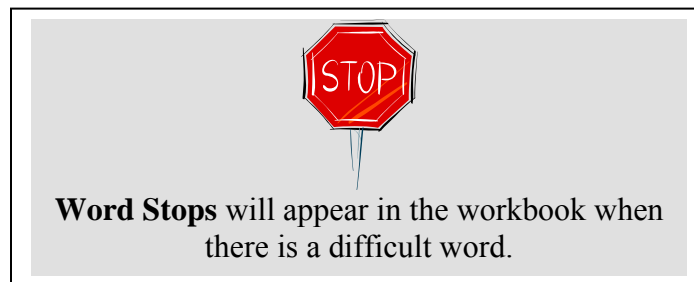
## Things to Look for:

### Checkpoints

You will finish every unit of study with a Checkpoint (in blue). Once you have completed the Checkpoint questionnaire, you will send this document to your distance education tutor. Make sure you fill in the **date, your name, your phone number** and the **distance education tutor's name** on the cover of this document.

### Word Stops

**Word Stops** will explain more difficult words. Look for words in bold print (example: **bold**). A **Word Stop** will follow to tell you what that word means.



## **If you do not understand, follow these steps:**

1. Look at titles and pictures. Do they tell you anything?
2. Try to find the general meaning.
3. Look for Word Stops.
4. Use a dictionary.
5. If you still do not understand, contact your distance education tutor.

## **Before you contact your distance education tutor:**

1. Prepare your questions. What do you want to ask?
2. Give the page number and section title to your tutor so they know where you are.



**“Act the part; walk and talk exactly as if you were already the person you want to be.”**

**~Brian Tracy**



# My Hobbies and Leisure Time

"All intellectual improvement arises from leisure." ~Samuel Johnson



## Introduction

What do you usually do in your free time? Do you prefer to spend free time alone or with other people? Do you like to create things? How about getting outside and being active?

It doesn't matter how much free time you have – it matters what you do with it! Knowing how to truly enjoy your free time can be very rewarding. You can use this time to study, to create, to meet new people, to get outside, etc. Starting a new hobby or leisure activity is a great way to develop new skills and interests.

## In this unit, you will:

- think about different hobbies.
- discuss what you do in your leisure time.
- think about what having a hobby can do for you.
- find a hobby that suits you.
- research different leisure programs in your community.
- follow the steps to enroll in a leisure class.
- get information on a leisure class.

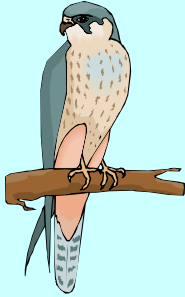


# What is a Hobby?

A hobby is an activity that a person does in their free time. People have hobbies for pleasure. A person’s hobby is usually connected to what they enjoy. A person who likes to create things with their hands, for example, may want to knit or do woodwork. **Collecting**, making things and **sports** are all hobbies. Hobbies often lead to skill, knowledge and experience.

**An Interesting Fact:**

A hobby is also a falcon (a bird) that can be trained to fly at pigeons and partridges. In the Middle Ages, a popular activity was training falcons to fly at other birds. It is believed that this is where the word hobby got its meaning.



**REFLECTION:**

1. What do you think of when you hear the word “hobby”?

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2. What hobbies do you have?

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3. Do people need hobbies? Why or why not?

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# What is Leisure Time?

If you hear someone talking about their “leisure time”, they probably mean the time when they are away from work. A hobby can be part of our leisure time. Leisure time is not spent on things that you have to do, like work, studying, errands, housework, etc.

## What’s the difference between a hobby and leisure activity?



A leisure activity can be a hobby: gardening, sewing, painting, knitting, collecting, exercising, fishing, etc. are often hobbies. These are things that one does in their leisure time.

Leisure time can also be used to relax. Sleeping, watching TV, lounging, etc. are all leisure activities.



## My Leisure Needs

Leisure activities may change according to what is going on in your life. For example, if you are experiencing a lot of stress your most important leisure need will be to relax. If you have a lot of extra energy, your leisure time may be active.

# Hobbies, Hobbies, Hobbies...



## ACTIVITY:

Think about different hobbies and list them on the next page.

## STEP 1:

Examine the chart (next page) to see what you have to do.

## STEP 2:

Think about as many different hobbies as you can and add them to the list in the appropriate category.

## PURPOSE:

Making a complete list of hobbies will help you to identify hobbies that you may want to do.

"To be able to say 'I made it' or 'I mastered it' is to enlarge the personality."

~Charles Brightball,  
author of *The Challenge of Leisure*

<p>Creating</p> <p><i>Sewing</i> <i>Painting</i> <i>Pottery</i></p>	
<p>Collecting</p> <p><i>Stamps</i> <i>Dolls</i> <i>Mugs</i></p>	
<p>Physical Activities</p> <p><i>Biking</i> <i>Walking</i> <i>Swimming</i></p>	
<p>Learning</p> <p><i>Languages</i> <i>Computers</i> <i>Music</i></p>	

Music is a hobby, because I'm not making any money out of it.  
~River Phoenix

# Why People Don't Get Involved

Many people do not start hobbies or join leisure programs because they think it costs a lot of money. Others miss out on leisure experiences because they don't know what is available or how to get involved.

For many people, a “leisure” activity is seen as a frill or something that is silly or boring. Some people feel guilty if they use leisure time for themselves. They feel that they should be doing something else with their time. But life needs balance. Work and leisure are both important.



## REFLECTION:

1. What is your attitude towards hobbies and leisure activities?

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2. How might hobbies and leisure activities improve your life?

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## There's No Time Like the Present

Many people think about hobbies as things they will do "someday". They say things like "Someday, I'll learn French," or "Someday, I'll join a gym". The truth is that "someday" usually never arrives. When it comes to hobbies and leisure activities, there is no time like the present to get started.

### What You Need to Start a Hobby:

- Some spare time.
- A desire to do something new.
- A positive attitude.



"You may delay, but time will not."

~Benjamin Franklin



**ACTIVITY:**

Read the article, “A Hobby That’s Gone to the Dogs”.

**STEP 1:**

Read the article.

**STEP 2:**

After reading, ask yourself if you understood everything.

**STEP 3:**

Read the article a second time. Keep track of new words.

**STEP 4:**

Make sure you understand the article. Can you summarize it?

**STEP 5:**

Answer the “REFLECTING ON READING” questions.

**PURPOSE:**

Some hobbies are quite unique. Hearing stories about what other people do as hobbies can help you to find a hobby that you may not have thought about doing.



# The Daily Times

## A Hobby That's Gone to the Dogs

by Victoria Wolfe



Darlene McCormick has *a lot* of beagles - 2786 of them to be exact. Luckily, for Darlene, these are not the face-licking, tail-chasing kind. Instead of fur, these dogs are made of porcelain, ceramic, stone, papier mâché, and just about any other material you can think of. What started out as a gift when she was ten years old, has quickly become Darlene's life-long passion.

"It started with just one," says Darlene, holding up her very first beagle, a cute little figurine made out of expertly carved wood.

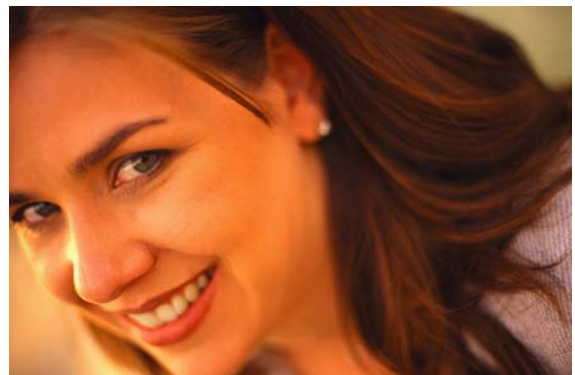
"My mother gave this to me when I was just a little girl and I loved it right away. Our family has always been great lovers of dogs and I am too. Before I knew it, I had 50 of these little guys. Then I had a 100, and then 1000. Last time I checked, I was closing in on 3000. It's a wonderful hobby. Everywhere I go, I look for the little guys. I even have beagles from Mexico and Italy!"

What advice does Darlene have for other avid collectors?

"Make sure you have an understanding spouse," she laughs. "But seriously, do what you love. That's the best advice anyone can give you. Anything can be a hobby as long as it's something that matters to you. For me, it's beagles, but it can be just about anything you can imagine. Some people like to collect stamps, others antiques. It's all about what appeals to you. If you love it, that's all that matters."

But can a hobby become too much? Therapist, Doctor Brenda Hogan explains that "it can go too far, but that rarely happens. For the most part, hobbies, such as collecting, are wonderful pastimes that not only make people happy, but more active as well."

Each of Darlene's beagles has its own story. Darlene appears happy and proud as she shares the history of her collection. Judging by Darlene's smile, one has to wonder why we don't all get on board and start a hobby that reflects who we are and what we love.



**REFLECTING ON READING:**

1. How is Darlene McCormick’s hobby unique?

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2. How did Darlene McCormick get involved with this hobby?

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3. Summarize this article by explaining its main points.

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4. How can having a hobby be good for you?

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5. Complete the chart below with new or difficult words from the article.

New Word	Its meaning

# Important Tips

## Do What You Can

By considering your skills, your strengths and what you can afford, you'll be able to find a leisure activity that is right for you.

## Try New Things

This way, it's not likely that you will get bored.

## Plan Your Leisure

If you don't have a lot of free time, schedule time for leisure activities. Your personal time is one part of your life that you can control. Manage it wisely.



"Much may be done in those little shreds and patches of time which every day produces, and which most men throw away."

~Charles Caleb Colton

# Finding a Hobby That Suits Me

## Hobbies can be active or passive.

An active hobby involves direct **participation**. Passive hobbies involve **observation** or study.



### WORD STOP

1. **participation** (par-tis-uh-pay-shun): taking part in something.
2. **observation** (ub-zurv-ay-shun): watching closely.

**ACTIVITY:** Think of different hobbies and categorize them by “active” or “passive”.

Active Hobbies	Passive Hobbies
<i>Acting</i>	<i>Watching movies</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	



## Hobbies can be low-cost or expensive.

A low-cost hobby can cost nothing or very little. An expensive hobby usually requires expensive equipment.

**ACTIVITY:** Think of different hobbies and categorize them by “low-cost” or “expensive”.

Low-Cost Hobbies	Expensive Hobbies
<i>Running</i>	<i>Playing golf</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	



## Hobbies can be done alone or in a group.

**ACTIVITY:** Think of different hobbies and categorize them by whether they are “done alone” or in a “group”.

Hobbies that can be done alone	Group hobbies
<i>Baking</i>	<i>Aerobics class</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	



**ACTIVITY:**

Now that you have a good selection of hobbies, decide which ones you would enjoy.

**STEP 1:**

Look at your lists and decide which hobbies you would enjoy.

**STEP 2:**

Make a list of all the hobbies you would like to do under the heading “My Kind of Hobbies” (below).



**STEP 3:**

Explain why you made such choices.

**PURPOSE:**

A lot of people don't get involved in hobbies because they do not know what they want to do. This list will help you to target hobbies that are good for you.

## My Kind of Hobbies

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**REFLECTION:**

These hobbies would be good for me because...

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"Life is a great big canvas, and you should throw all the paint on it you can."  
~Danny Kaye

# How are you doing?



**Complete the questionnaire to keep track of your learning.**

1. Have you completed all reading and activities to this point? (*Circle your answer.*)

**Yes**

**No**

2. If you answered “No”, explain what you did not complete and why.

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3. What was easy and why?

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4. What was difficult and why?

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5. General comments. (*Do you have any comments on the work that you have done?*)

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# Discovering My Leisure Interests

Answer the following questions to help you target the kind of activities you like.

1. I usually spend my free time doing...

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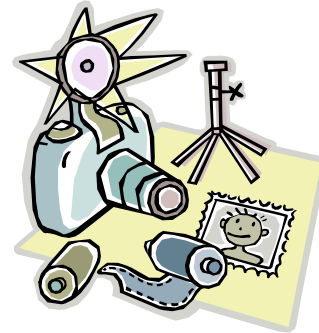
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2. Some leisure activities that I have enjoyed in the past are...

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3. Leisure activities that I enjoy now are...

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4. What new activities (arts, crafts, hobbies, sports, studies, travel or volunteer work) would you like to try?

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# Joining a Leisure Class

In order to start a hobby or leisure activity, you need to know what's available. Most communities offer some sort of leisure class. A leisure class can take many forms. Sometimes, it is defined as a hobby.

## Where leisure classes can be held:

- Community centres
- Churches
- Schools
- Libraries
- Gyms
- Studios

## Types of courses:

- Sewing
- Computer training
- Gardening
- Reading
- Mechanics
- Baking
- Cooking
- Drama
- Creative writing
- Aerobics
- Wine tasting
- Music
- Singing
- Language
- Horseback riding
- Antiques



**ACTIVITY (Part 1):**

If there is a leisure activity (or class) that you would like to join, you will need to find out if it is offered. This activity will help you to find out about leisure classes in your community.

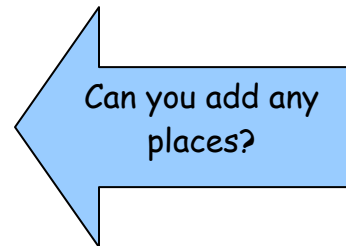
**STEP 1:**

Decide how you want to find out about leisure classes in your community.

**Where to Find Information:**

- Go to the library.
- Visit your local college and check for evening classes.
- Check local papers.
- Look at announcements on bulletin boards.
- Check with your local community centre.
- Look in the phone book (and call).

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**STEP 2:**

Complete the chart on the next page.

**PURPOSE:**

This activity will not only allow you to work on your research skills, it will also help you to find out which activities are offered in your area.



## Leisure Classes in My Community

Location	Course Offered



**REFLECTION:**

I found out about these leisure classes by...

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# Getting Enrolled

## ACTIVITY (Part 2):

Choose a particular leisure activity (or class) that you would like to take. When you enroll in a class, you will need to ask certain questions. Prepare a list of questions to see how this class works.

### STEP 1:

Think about what is important to you.

### What You May Want to Find Out:

- Level
- Length
- Cost
- Number of people involved
- What days of the week?
- Where is it?
- Material needed



### STEP 2:

Prepare a list of questions (page 24).

### STEP 3:

Find the answers to your questions. Write the answers on the “What I Discovered” chart on page 25.

### PURPOSE:

It is important to ask questions. This activity will help you to know about a leisure class that interests you.

## MY QUESTIONS ON A LEISURE ACTIVITY



Question 1:

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Question 2:

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Question 3:

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Question 4:

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Question 5:

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# What I Discovered

What I wanted to know	What I discovered
<i>What time is the class?</i>	<i>6:00 p.m.</i>



## Getting Enrolled

Now that you know about a leisure class in your community, you just have to get enrolled. Enjoy!



## Getting Engaged

Visit your local library (or use the Internet) to find information on your leisure activity. It will be a lot more fun to start a class if you know stuff about it!

Enjoy your hobbies and leisure activities!

"Life is a grindstone.  
Whether it grinds us down or  
polishes us up depends on us."

~Thomas L. Holdcroft

# Me and Hobbies and Leisure Time

You are now ready to think about how hobbies and leisure time affect your everyday life.

## **ACTIVITY:**

Pay close attention to the world around you to find examples of how hobbies and leisure time affect your life.

## **STEP 1:**

Reflect on what you know about hobbies and leisure.

## **STEP 2:**

Observe the world around you for several days and take note of how your hobbies and leisure affect your life (or others' lives).

## **STEP 3:**

Answer the questions on the following page. Provide solid examples of what you observe.

## **PURPOSE:**

Learning is most valuable when you can apply it to your own life.

## Where to find real-life examples:

1. Look at the people around you. How do hobbies/and or leisure affect them?
2. Watch television to see what kind of messages popular programs share about hobbies and leisure time.
3. Look at your family and consider how they are affected by hobbies and leisure activities.
4. Observe how your hobbies and leisure time make you feel.
5. Take note of how your learning affects your view of free time.



How do you feel about what you observed? Why do you feel this way?

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# What I Know Now



Go back to the beginning of this unit and look at the list of things you knew before you started. Describe what you know now. What have you learned?

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# My Hobbies and Leisure Time

## Learning Checklist

Check off each item on this list that you can do as “ACHIEVED”. If you feel that you have to improve on something, check “IN PROGRESS”. Review your Learning Checklist with your tutor.

<b>COMPETENCIES</b> <b>What I can do.</b>	<b>IN PROGRESS</b>	<b>ACHIEVED</b>
1. I can explain what a hobby is.		
2. I can talk about my hobbies or interests.		
3. I can explain why hobbies and leisure activities are good for me.		
4. I can explain what a leisure activity is.		
5. I can tell the difference between a hobby and a leisure activity.		
6. I can read an article about hobbies and leisure time.		
7. I can describe ways to start a hobby.		
8. I can find a hobby that suits me.		
9. I can categorize hobbies.		
10. I can list different hobbies for me.		
11. I can reflect on my leisure interests.		
12. I can find out about leisure activities in my community.		

<b>COMPETENCIES</b> <b>What I can do.</b>	<b>IN PROGRESS</b>	<b>ACHIEVED</b>
13. I can get information on a leisure activity.		
14. I can prepare questions to ask about a leisure activity.		
15. I can enroll in a leisure activity class.		
16. I can connect what I learned to my life.		
17. I can look around me for examples of what I have learned.		
18. I can observe how hobbies and leisure time affect my life.		
19. I can write about what I observe.		
20. I can keep track of my learning in a journal.		



The

**QLWG Skills for Life Series**

was made possible through funding from a joint  
IFPCA funding initiative of the

**Office of Literacy and Essential Skills**

and the

**Direction de l'éducation des adultes et de l'action communautaire**

with the collaboration of



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