



Hobbies & Skills

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will identify areas for continual growth while pursuing and applying feedback by making a screen play of their growth in hobbies.

MATERIALS

Worksheet, pencils, drawing utensils, printer paper

AGE ADJUSTMENTS

This lesson can work for any age. If participants are more advanced, pick specific skills you are hoping they are developing and add a feedback component to the lesson.

Lesson Plan

Introducing the Lesson

- Ask participants to think about a hobby they have or a skill they have been developing. For example:
 - *Playing video games, tennis, monopoly*
 - *Painting, sewing, creating music*
- Introduce the concept of a "rating scale". For this purpose, a rating scale is a way to evaluate how participants feel they are developing in their hobby and/or skill.

Experiencing the Lesson

- Hand out worksheets and writing/coloring utensils.
- Review the worksheet with the group:
 - Have participants fill in their name and hobby/skill.
 - Explain that each of the three boxes should have:
 - A depiction of their answer to the prompt about their hobby/skill.
 - An "X" on the rating spectrum where they feel they were, are, and want to be.

Closing the Lesson

- On the back of the worksheet, have participants add three actionable ways to get to where they want to be.
- In the case participants don't want to get better at their hobby/skill, have them add with three ways to maintain their current status.

After the Lesson

- Schedule a time to follow up with this lesson again in the future. Create a check in that will help participants stay positive and progressing!



What if I don't want to be a "Pro"?

"When you review the 'where I want to be' box, make sure to clarify that we don't have to be "Pros" at all of our hobbies and skills. Some things we do to find mastery, some we just want to feel confident doing, and others we do for fun!"



Further Exploration



- Repeat the lesson as many times as you'd like with participants choosing another hobby/skill!
- To change it up, you can add skills that they "should" be learning academically, socially, or professionally. This way, all participants will be working on the same skill and everyone can share their ideas about how to improve.

Get Creative

- Have participants create a game for themselves to develop any hobby or skill they choose.
- Each participant should complete the lesson worksheet for the hobby or skill they choose, if they haven't already.
- They will need to come up with the following:
 - The name of the game
 - The rules
 - How to "win"
- Explain that "winning" is relative to each participant and that THEY decide what that means!
- For example:
 - **Hobby:** Monopoly
 - **Name of the Game:** Monopoly Madness
 - **Rules:**
 - Play Monopoly at least once a week.
 - Rotate strategies: Try to obtain at least one set of properties and build hotels; Buy any properties and don't worry about sets; Try to obtain all the railroads and utilities; Come up with new ones!
 - **How to win:** Learn the strategies that I like the most!

Online

- Create a shared document for each individual participant. If you prefer they are able to physically write and draw, have them use a blank piece of paper or deliver a printed worksheet to each participant.



TRACKING MY PROGRESS

Name: _____ Hobby/Skill: _____

Where I started...

"I don't know much!"

"I'm comfortable!"

"I'm a Pro!"

Where I am now...

"I don't know much!"

"I'm comfortable!"

"I'm a Pro!"

Where I want to be...

"I don't know much!"

"I'm comfortable!"

"I'm a Pro!"

Worksheet for: *Hobbies & Skills*