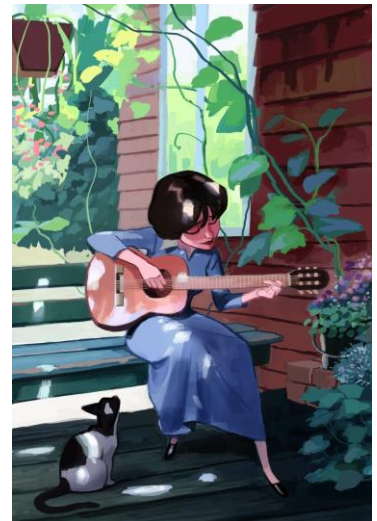


# Hobbies

## Pre-Session Preparations

- Prepare a small introduction on what do you think a hobby is and how important it is to have a hobby on the long run.
- Put together 5 points why people should have hobbies and ask your student to come up with 5 points on the same question.
- Get ready with different types of hobbies and share these types of hobbies with the student during the session.



## During the Session

- Begin by asking our student what they think a hobby is and how important it is to have a hobby.
- Ask your student how they spend their time when they are not working/going to school and ask if that's their hobby. If not, share what your hobbies are and ask what theirs are.

- Ask your student how that became their hobby and share how you got hobbies as well. Explain your story as descriptively as possible.
- Ask your student to share the 5 points they have come up on why people should have hobbies and share your points and discuss thoroughly.
- Ask your student what their favourite part of their hobby/hobbies are and share yours.
- Ask them whether they see themselves continuing this hobby in the long run.
- Discuss what other hobbies the student has had in the past and compare the different types of hobbies that are there to experience. Ask your student what type of hobbies are the most difficult and which are the most easy to work on. Ask your student whether they do any sports and discuss with them how a hobby can become a sport in their lives.
- Ask your student if he/she has any friends or siblings with the same hobby/hobbies and ask whether they have worked on it together and ask whether he/she likes solo hobbies or group hobbies.
- Discuss with your student how hobbies can make you grow as a person, to become more open with one another and to grow your personality.
- Ask your student they plan to continue their hobby and ask if they have connected their hobbies with their work/school and discuss with your student examples of how people have connected hobbies to their careers.

