



How to...

TIME FOR FUN

About 89% of Americans have a hobby, according to a 2025 survey.



Start a new hobby

Boost your confidence and skills with a creative outlet.

Analog hobbies are activities that you do in the physical world, rather than on a screen. They can sharpen your mental focus, enhance your problem-solving skills, and help you feel more creative. These activities are having a resurgence, as people look for fun things to do offline. Here is how you can get started.

Consider the possibilities

There are many types of analog hobbies. They can be fiber arts, which refers to creative practices that use fibers, yarn, or fabric as the main materials and include knitting, crocheting, quilting, and needlepoint. If you enjoy music, you could explore vinyl records, cassette tapes, or compact discs for a more tangible listening experience. There are also many outdoor hobbies, like bicycling, birdwatching, and nature photography.

Turn to helpful resources

First, you can ask your family if they can help you explore a new activity. You can ask who in your family may be able to teach you special skills, like cooking, gardening, drawing, or model building. They may also have tools or equipment to help you get started. Those might include a turntable and vinyl records, a film

camera to capture photos, or binoculars to see birds up close. With an adult's help, you can also look for free classes or clubs at your school, community center, or local library. Some home improvement centers, like Home Depot and Lowe's, offer free monthly in-store classes for kids in basic woodworking.

Begin small

Rather than setting an end goal, you can enjoy a hobby in small steps. For example, if you are learning woodworking, you might start with building a simple birdhouse before building up to larger projects. If you want to do needlepoint, you can try a beginner kit for a small project from a craft store. As you gain experience and confidence, you can work up to bigger goals if you like.

Make it easy to practice

It's easier to make time for a hobby if you have a dedicated space to pursue it, such as a corner with your supplies nearby. Another idea is to bring analog hobbies with you when you're on the go. You can make a "hobby bag" out of a spare backpack or tote, then fill it with several screen-free items, like Sudoku or crossword puzzle books, knitting needles and yarn, art supplies and paper, or a deck of cards.



Small projects build confidence.

Display a collection



One popular hobby is building a collection. Here are a few ways you can display yours.

Boxes You can hang a box with cubbies (like the one shown above) on a wall or rest it on a dresser to display small items, like miniature toys, rocks, or seashells.

Glass jars Recycled jars can be an eye-catching way to hold objects like vintage buttons, beads, bottle caps, marbles, or colorful spools of thread.

Shelves A shelf is a good spot for displaying larger or oddly shaped items, like assembled Lego creations, action figures, or stuffed animals.