



BENEFITS OF STARTING A COLLECTION



1. STRESS RELIEF

TOO MUCH STRESS CAN NEGATIVELY IMPACT BOTH THE MENTAL AND PHYSICAL HEALTH OF A CHILD. HAVING A HOBBY IS EXTREMELY IMPORTANT FOR CHILDREN, SINCE CERTAIN ACTIVITIES THAT THEY FIND ENJOYABLE CAN CALM THEM DOWN AS WELL AS GIVE THEM SOMETHING TO LOOK FORWARD TO AND BE HAPPY ABOUT. COLLECTING ITEMS CAN BE A SAFE SPACE FOR CHILDREN, SINCE IT CAN HELP THEM UNWIND AND RELAX.



2. OBSERVATIONAL SKILLS

AS A COLLECTOR, CHILDREN WILL BE ON THE LOOKOUT TO ADD NEW ITEMS TO THEIR COLLECTION. THIS WILL ALLOW THEM TO NATURALLY BE MUCH MORE MINDFUL OF THEIR SURROUNDINGS AND THE WORLD AROUND THEM, AS IT CAN MAKE THEM PAY MORE CLOSE ATTENTION TO DETAIL.



3. SOCIAL CONNECTIONS

STARTING A COLLECTION OF A SPECIFIC ITEM CAN CAUSE A CHILD TO BE EXTREMELY KNOWLEDGEABLE ABOUT WHATEVER THEY DECIDE TO COLLECT. CHILDREN CAN BUILD RELATIONSHIPS AND FRIENDSHIPS WITH THOSE WHO SHARE COMMON INTERESTS. HAVING A SIMILAR TOPIC OF INTEREST WITH OTHERS CAN SERVE AS A TALKING POINT OR CONVERSATION STARTER.



4. LIFELONG HOBBY & PERSONAL AFFIRMATION

COLLECTING IS USUALLY A PASSION THAT STARTS OFF DURING CHILDHOOD, AND CAN BE CARRIED ON TO ADULthood. THESE MEMORIES ARE CRUCIAL FOR HEALTHY DEVELOPMENT. IT CAN BECOME SOMETHING A CHILD IS KNOWN FOR, AND A GREAT WAY TO AFFIRM THEIR OWN DISTINCT, UNIQUE PERSONALITY.

