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9 Impressive and Fun Skills You Can Learn Right Now

The next time you're faced with some free time and nothing to do, why not pick up a new skill? Learning a skill doesn't have to take years of hard work. In fact, there are many impressive things you can learn to do from the comfort of your own home or while enjoying the company of good friends. Picking up a new hobby can build your self-confidence and even help with addiction recovery. Hop online and search up some how-to videos or join a local community class. You're sure to have a blast! Here are some ideas to get you started.

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1. Learn Yoga

There are numerous benefits to practicing yoga. A regular yoga practice can improve heart health, reduce chronic pain, and increase flexibility. Mental health benefits include improved mood, less stress, and renewed focus.

2. Learn to Play a Simple Instrument

Learning an instrument is highly beneficial to your mental health and can even improve your [cognitive abilities](#). Adults may prefer simple instruments that are easier and faster to learn. Some great examples include the ukulele, harmonica or glockenspiel. It's also fairly easy to learn the basics of piano if you're looking for something a little more complex.

3. Learn How to Sharpen Knives

Simple but useful, learning how to properly [sharpen a knife](#) can come in handy the next time you're cooking with friends or family. You'd be amazed at the difference a sharp knife makes when it comes to easy food prep. While you're at it, learn how to straighten knife edges with a steel rod. When you can do this with flair, you're sure to impress people and appear as confident as a professional chef.

4. Learn to Cook

While you're in the kitchen, learn some basic cooking skills. [EatThis](#) has a fantastic list of skills that can help you create delicious meals in the kitchen without any culinary training. Knowing how to fix common cooking issues and adapt recipes will win over family members and dinner guests alike.

5. Learn How to Give Amazing Speeches

Many of us shy away at the thought of giving a [public speech](#). However, you'll probably have to speak in front of a crowd eventually, whether in business or your personal life. There are plenty of online courses and that can help you learn the skills of public speaking. In-person group classes are even better since they help you practice in front of an audience of your peers who can critique you and give you advice. Once you've mastered this valuable skill, you'll be able to win over crowds, motivate people and entertain with ease.

6. Jump into the World of IT

If it's time to take your learning and your career to the next level, online IT degree programs can get you there. Some online programs are extremely flexible, letting you [set the pace](#) of your learning every step along your journey to higher earning potential and a rewarding career in information technology.

7. Learn How to Train Dogs

Though professionals practice for years to become dog trainers, there are a few important skills and training techniques that anyone can learn. The majority of dog training involves connecting commands to desired behaviors through positive reinforcement. Pets are reinforced through treats, praise, and even clicking sounds. Clicker training is an [effective technique](#) used by professional dog trainers and is easy to implement yourself. Another idea is to use a training collar. While some of these can emit a shock, you can find gentler collars that vibrate or make a [beeping sound](#) to elicit a response from your pup.

8. Learn to Juggle

No doubt, juggling is a skill that will make you the center of attention at parties. Though it looks complicated, learning to juggle doesn't require super-human coordination. You just need three balls and some simple instructions found online, like [these](#).

9. Learn to Draw

Despite what most people think, you don't need to be born with special skills to be able to draw. You can learn the basic fundamentals of drawing online by following video tutorials and articles. This will help train your hands to make smooth and consistent movements. Also, learning basic human anatomy or plant biology can help you draw more realistically. Just remember, when you [practice art](#), it's important not to compare your skills to others or aim for perfection.

You're never too old to learn a new skill. In fact, exercising your brain by learning something new is a great way to keep your mind sharp as you age. Get together with some friends and join a class or search for some simple lessons to follow online. Soon you'll be eager to share your fun new skill with everyone.