

Objective

By the end of this lesson, Gabrielle will have a better understanding of essential life skills required for adulthood, including budgeting, time management, and basic cooking skills. She will also create a personal action plan to develop these skills further.

Materials and Prep

- Notebook and pen for notes
- Access to a calculator (or a smartphone with a calculator app)
- Cooking supplies (ingredients for a simple recipe, e.g., pasta and sauce)
- Printed worksheets for budgeting and time management exercises
- Timer (can use a smartphone or kitchen timer)

Before the lesson, make sure to gather all cooking supplies and prepare a simple recipe that Gabrielle can follow. Familiarize yourself with basic budgeting concepts and time management techniques.

Activities

- **Budgeting Basics:**

Gabrielle will create a mock budget based on a fictional monthly income. She will categorize expenses such as housing, food, entertainment, and savings. This activity will help her understand how to manage money effectively.

- **Time Management Challenge:**

Gabrielle will plan her week using a time management worksheet. She will allocate time for schoolwork, chores, hobbies, and relaxation. This activity will teach her the importance of balancing responsibilities and leisure.

- **Cooking Together:**

Gabrielle will follow a simple recipe to prepare a dish. This hands-on activity will not only teach her basic cooking skills but also emphasize the importance of nutrition and self-sufficiency.

Talking Points

- "Managing your money is like playing a game. If you don't keep track of your points, you might run out!"
- "Time is like a treasure. If you spend it wisely, you can enjoy more of what you love!"
- "Cooking is a superpower! It allows you to create delicious meals and take care of yourself."
- "Budgeting helps you see where your money goes. It's important to save for things you want in the future!"
- "Planning your week can help you feel less stressed. It's like having a map for your time!"
- "Learning to cook is not just about food; it's about independence and health."
- "Every adult has to make choices about how to spend their time and money. Practice now makes it easier later!"
- "Mistakes are part of the learning process. If a recipe doesn't turn out right, try again!"
- "Setting goals for your skills can help you track your progress. What do you want to learn next?"

- "Remember, being an adult is about balancing responsibilities and having fun!"
- "Ask for help when you need it. Everyone learns at their own pace!"
- "Celebrate your successes, no matter how small. Each step counts!"
- "You're preparing for your future every day. Make it count!"