

## Objective

By the end of this lesson, Alex will have a better understanding of essential life skills including budgeting, cooking simple meals, and effective communication. The goal is to equip Alex with practical skills that will help him navigate everyday challenges confidently.

## Materials and Prep

- Notebook and pen for taking notes
- Access to a kitchen for cooking activities
- Basic ingredients for a simple recipe (e.g., pasta, sauce, salad ingredients)
- Calculator or smartphone for budgeting exercises

Before the lesson, ensure that the kitchen is clean and all ingredients are available. Familiarize yourself with a simple recipe that can be prepared in about 30 minutes.

## Activities

- **Budgeting Exercise:**

Start with a fun budgeting exercise where Alex will create a mock budget for a week. He can decide on a budget for groceries, entertainment, and savings while discussing the importance of financial responsibility.

- **Cooking Challenge:**

Engage in a cooking challenge where Alex prepares a simple meal. This will help him learn basic cooking skills, understand food safety, and appreciate the value of homemade meals.

- **Role-Playing Communication:**

Practice effective communication through role-playing scenarios. Alex can take turns being a customer and a service provider to learn how to express needs and handle different social situations.

## Talking Points

- "Understanding how to budget is like having a roadmap for your money. It helps you know where you're going and how to get there."
- "Cooking is not just about making food; it's about creativity and taking care of yourself. Plus, it can be really fun!"
- "Good communication is key in life. It helps you build relationships and express your thoughts clearly. Remember, practice makes perfect!"
- "Every skill you learn today is like adding another tool to your toolbox. The more tools you have, the easier it is to tackle life's challenges."