

Objective

By the end of this lesson, the student will have developed essential life skills including budgeting, meal planning, and basic household maintenance. They will understand the importance of these skills in everyday life and feel more confident in managing them independently.

Materials and Prep

- Paper and pencil for note-taking and budgeting exercises
- A timer or stopwatch for timed activities
- Access to a kitchen for meal planning and cooking (if possible)
- Household items for maintenance tasks (e.g., cleaning supplies, tools, etc.)

Before the lesson, ensure the kitchen is accessible and safe for cooking activities. Familiarize yourself with basic household maintenance tasks that can be demonstrated.

Activities

• Budgeting Challenge:

The student will create a simple budget for a week, including expenses like food, entertainment, and savings. They'll learn how to allocate money wisely and make choices based on their budget.

• Meal Planning:

The student will plan a balanced meal for a day, considering nutritional values and food groups. They can also prepare a simple dish if cooking is possible.

• Household Maintenance 101:

The student will learn about basic household chores and maintenance tasks, such as how to clean a room effectively, change a light bulb, or organize a space.

Talking Points

- "Why do you think budgeting is important? It helps you manage your money and make sure you have enough for what you need!"
- "Meal planning can save time and money. What are some meals you enjoy that are also healthy?"
- "Every home needs maintenance. Can you think of a time when something in your house needed fixing?"
- "What are some chores you already do? How do they help keep your home nice?"
- "Learning these skills now will help you become more independent as you grow up!"
- "What are some ways you can make chores more fun? Maybe you can listen to music while you clean!"
- "How does cooking a meal feel different than just eating out? It can be really rewarding!"
- "Why is it important to eat a balanced diet? It helps you stay healthy and feel good!"
- "What do you think is the hardest part about budgeting? Making choices can be tough!"
- "Can you think of a time when you helped someone with a household task? It feels good to help!"
- "How does being organized help you in your daily life? It can save you time and reduce stress!"
- "What new skill would you like to learn next? There are so many life skills to explore!"