

Objective

By the end of this lesson, the student will have a better understanding of essential life skills such as budgeting, cooking, and basic home maintenance. They will gain practical experience through engaging activities that will help them feel more confident in managing their daily life.

Materials and Prep

- Paper and pen for note-taking
- Access to a kitchen for cooking activities
- Household items for maintenance tasks (like a light bulb, a broom, etc.)
- Printable budget template (can be drawn out on paper if needed)
- Timer (can use a phone or watch)

Activities

• **Budgeting Challenge:**

The student will create a simple budget based on a hypothetical monthly income. They will allocate funds for essentials like food, transportation, and entertainment. This activity will teach them how to manage money effectively.

• **Cooking a Simple Meal:**

The student will select a simple recipe and prepare a meal. They will learn about measuring ingredients, following instructions, and kitchen safety. This hands-on experience will boost their confidence in cooking.

• **Home Maintenance Basics:**

The student will learn how to perform simple tasks like changing a light bulb, sweeping the floor, and checking smoke detectors. This activity emphasizes the importance of maintaining a safe and clean living environment.

Talking Points

- "Managing money is like playing a game. You need to plan your moves carefully to win!"
- "Cooking is not just about eating; it's a way to express creativity and take care of yourself!"
- "Every home needs maintenance to stay safe and comfortable. Think of it as giving your home a little TLC!"
- "Budgeting can help you save for things you really want. It's like saving up for a video game!"
- "Cooking can be fun! You can experiment with flavors and make dishes that are uniquely yours!"
- "Knowing how to fix simple things around the house can save you money and make you feel accomplished!"
- "Life skills are tools that help you navigate the world. The more you learn, the better equipped you are!"
- "Practicing these skills now will make you more independent and ready for the future!"
- "Don't be afraid to make mistakes while learning. That's how you grow and improve!"
- "Remember, every expert was once a beginner. Keep practicing your life skills!"
- "Ask questions and seek help when you need it. Everyone learns at their own pace!"

- "Celebrate your successes, no matter how small. Each step you take is a step toward independence!"
- "These skills are not just chores; they're life lessons that will serve you well!"