

Life Skills I: Functional Living

Unit/Weeks	Timelines/Topics	Essential Questions
4	<p>Self-Awareness</p> <ul style="list-style-type: none"> • Personal Characteristics and Roles • Physical, Social, Emotional and Educational Needs • Physical, Social, Emotional and Educational Preferences • Impact of Personal Behavior on Relationships with Others • Perception of Self • Understand Personal Responsibility • Identify and Understand Motivation • Anticipate Consequences of Actions • Communicate Needs • Respect for the Rights and Property of Others • Recognize Authority and Follow Instructions • Appropriate Behavior in Public Settings • Understand the Motivations of Others 	<ul style="list-style-type: none"> • What characteristics make each person unique? • What is the relationship between decisions and consequences? • How do values and beliefs change over time? • What can mistakes teach people? • How do you work through challenges? • Why is awareness and management of your emotions important?
2.4	<p>Interpersonal Skills</p> <ul style="list-style-type: none"> • Skills for Listening and Responding • Establish and Maintain Close Relationships (Dating Partners) • Make and Maintain Friendships • Demonstrate Appropriate Behavior • Accepting and Offering Praise As Well As Criticism 	<ul style="list-style-type: none"> • How do your personal behaviors impact the relationships you have with others? • What personal standards guide your relationships? • How does your view of yourself define your relationships? • Why is it important to learn strategies to build and maintain relationships?

3	<p>Communication</p> <ul style="list-style-type: none"> • Communicate with Understanding • Subtleties of Communication • Assertive and Effective Communication • Recognize and Respond to Emergency Situations 	<ul style="list-style-type: none"> • What is the communication process? • How do you effectively communicate information in an emergency? • How can relationships be built through interpersonal communication? • What is effective listening, speaking, and writing?
3	<p>Hygiene</p> <ul style="list-style-type: none"> • Acquisition of Health Information • Physical Fitness, Nutrition, and Weight • Proper Grooming and Hygiene • Appropriate Dress • Common Illness, Prevention, and Treatment • Personal Safety 	<ul style="list-style-type: none"> • How does one maintain good hygiene? • What standards do schools and work set for acceptable appearance and good hygiene? • How is good health related to personal hygiene? • What steps are necessary for good hygiene?
3	<p>Intro to Gardening</p> <ul style="list-style-type: none"> • Growing Fruits and Vegetables • Methods of Planting • Types of Soil • Gardening Safety • Insects in the Garden • Seasons and Temperature • Determining Ripeness 	<ul style="list-style-type: none"> • How do plants grow and what impacts their survival? • What role does food production have in society today? • How do soil, sun, and rain impact plant health?
2	<p>Decision Making & Community Citizenship</p> <ul style="list-style-type: none"> • Citizenship and Following the Law • Rights and Responsibilities of Citizens • Making Decisions • Setting and Attaining Goals • Self-evaluation and Feedback 	<ul style="list-style-type: none"> • Why is it important to make an informed decision? • What are the consequences of making errors in decision making? • How can an individual become a productive member of their community? • What are the responsibilities of an adult member of the community?

4	Finances <ul style="list-style-type: none"> • Counting Money • Making Change • Comparing Unit Prices • Establish a Bank Account • Deposit and Withdraw Money 	<ul style="list-style-type: none"> • Why is money important? • In what ways can money be grouped? • Why is it important to understand the value of coins? • When is it useful to estimate amounts of money? • How can a bank account help you keep track of your personal finances?
2.6	Recreation <ul style="list-style-type: none"> • Recreational Activities in the Community • Planning an Event • Planning a Trip (Single Day) • Food Safety 	<ul style="list-style-type: none"> • What recreational and leisure skills appeal to me? • How does planning for day trips compare to planning for extended vacations? • What are the necessities needed to pack for the given recreational activities? • How is food safety a part of planning for recreational activities?
Ongoing Throughout the Year	<ul style="list-style-type: none"> • September: Identify Kitchen Tools and Safety (Cleaning Up) • October: Seasonal Foods (Measurement, Mixing, & Following Directions) • November: Planning a Meal for a Family (Setting a Table) • December: Holiday Preparation (Making Desserts) • January: Winter Preparation (Making Hot Lunch) • February: Preparing Meals for the Day (Making Breakfast) • March: Planning a Daily Menu (Preparing Meals for Work) 	<ul style="list-style-type: none"> • Which foods are an important part of a daily diet? • What is the difference between food safety and food sanitation? • How can following kitchen safety guidelines prevent kitchen accidents? • How can mistakes in following a recipe affect the final product? • How can learning about nutrition influence your food choices? • Why is it important to learn various preparation techniques when preparing recipes?

	<ul style="list-style-type: none">• April/May: Packing and Food Prep (Portable Meals)• June: Preparing Snacks for Recreational Activities (Protein & Hydration)	
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