

Supplemental Goals for 6-12 Grade: Life Skills

Standard	1Q	2Q	3Q	4Q
Self-Care	X	X	X	X
a. Basic hygiene				
b. Common health ailments and treatments				
c. Dealing with stress in a healthy way				
d. Persistence				
e. Recognizing mental health issues				
f. Time management				
g. Making an exercise plan				
Cooking				
a. Plan a menu within a budget				
b. Shop for menu				
c. Prepare menu				
d. Understand when food is unsafe and should be thrown out				
e. Storing leftovers				
f. Reading a recipe				
g. Baking				
h. Grilling				
Technology				
a. Virus protection				
b. Making backups				
c. Website building				
d. Blogging				
e. Changing an ink cartridge				
f. Replacing hardware				
g. Social media				
h. Coding				
i. Troubleshooting				
Sewing				
a. How to read a pattern				
b. Hand-stitching				
c. Sewing Machine Use				
d. Sewing Machine Maintenance				
e. Clothing repairs				
Gardening				
a. Planting Zones				
b. Planning a garden				
c. Partner plants				
d. Water				
e. Fertilizer				
f. Weed Control				
g. Harvest				
h. Preservation Techniques				
Budgeting				

a. Figuring out your income				
b. Making a budget				
c. Living within your means				
d. Saving for an emergency				
e. Investing				
f. Retirement				
g. HSA				
h. Writing a check				
i. Credit and Debit cards				
j. Balancing a checkbook				
k. Understanding debt				
l. Insurance (medical, dental, vision, and life)				
Renting				
a. Finding a home				
b. Understanding your contract				
c. Your responsibilities				
d. Your rights				
Buying a House				
a. Understanding your budget				
b. Getting pre-approved				
c. Looking for a house				
d. Making an offer				
e. Disclosure				
f. Escrow				
g. Closing				
h. Moving				
Starting a Business				
a. EIN, State ID, Sales Taxes, and City License				
b. Business bank account				
c. Income vs. Profit				
d. Estimated Taxes				
e. Filing Sales Tax				
f. Online Business				
g. Employees				
h. Networking and Marketing				
Filing Taxes				
a. What you need				
b. Using the correct form				
c. Finding help				
d. Filing out your W-9				
Citizenship				
a. Voting				
b. Contacting representatives				
c. Attending legislative sessions				
d. Commenting in committee				
e. Organizing a fundraiser				

f. Holding a protest				
Home Cleaning				
a. Cleaning bathroom				
b. Cleaning kitchen				
c. Cleaning bedrooms				
d. Cleaning shared spaces				
e. Creating a chore chart				
Etiquette				
a. How to answer a phone				
b. Fancy dinner				
c. Introducing yourself				
d. Saying goodbye				
e. Tying a tie				
Car Maintenance				
a. How to check your oil and other fluids				
b. How to change oil				
c. How to check tire pressure				
d. How to change a tire				
e. Keeping your car clean				
f. How to pump gas				
g. Emergency lights and what they mean				
h. Jump starting a car				
i. Changing a battery				
j. Gasoline stabilizer and storage				
Home Maintenance				
a. Purifying water				
b. Changing air filter				
c. Controlling the thermostat				
d. Water heat temperature				
e. Changing a light bulb				
f. Breaker box				
g. Changing an outlet				
h. Emergency contacts				
i. Tools type and uses				
j. Unclogging a drain				
k. Fixing a running toilet				
l. Changing a doorknob				
m. Fixing a sprinkler				
n. Lawn care (mowing, seeding, aeration, dethatching, fertilizing, watering)				
o. How to change caulking				
Laundry				
a. Sorting				
b. Washing				
c. Drying				
d. Understanding instructions				

Driving				
a. Driver's Education				
b. Driver's Training				
c. Driving Tests				
Public Speaking				
a. Writing a Speech				
b. Practicing				
c. Speaking in Public				
Survival Skills				
a. Knots				
b. Starting a fire				
c. Shelter				
d. Water				
e. Food				
f. Navigation				
g. Signaling				
Weapon Use and Safety				
a. Firearms				
b. Knives				
c. Swords				
d. Non-lethal				
e. Self-defense				
f. Situational awareness				
Butchering				
a. Chickens				
b. Pigs				
c. Cattle				
d. Sheep/Goats				
e. Wild Game				
Animal Care				
a. Dogs				
b. Cats				
c. Small animals				
d. Chickens				
e. Goats				
f. Pigs				
g. Cattle				
h. Horses				
Medical				
a. Medications				
b. First Aid				
c. CPR				
d. How to make a doctor's appointment				
e. Going to the ER				
f. Medical Record Keeping				

Student Success				
a. Test Taking Skills				
b. Study Skills				
c. Note taking				
d. Applying for scholarships				
e. Applying for higher education				
Building a 72-hour Kit				
a. Choosing a bag				
b. Filling your bag				
c. Storing and updating your bag				
d. Evacuation plan				
Preparing Food Storage				
a. Food				
b. Water				
c. Methods and types				
f. Rotation				
g. Medical				
h. Power				
i. Sanitation				
j. Everyday items				
Gainful Employment				
a. How to Apply for a Job				
b. Resume making				
c. Job Interview				
d. How to keep a job				
e. Choosing a job				
f. Why work experience makes a difference				
Children				
a. Change a diaper				
b. Warm a bottle				
c. Swaddle a baby				
d. Childproof				
e. Install and use a car seat				
Holiday				
a. Wrapping a gift				
b. Putting lights on Christmas tree				
c. Carving a pumpkin				
d. Cooking a turkey				
e. Light fireworks				
f. Cook and dye eggs				
g. Cook our traditional foods				