



Class Title: Blue Life Skills for Kids

Subjects Covered: Psychology

Teacher Name: Trish Poston

Class Day: Friday

Class Size: 15

Overall Class Cost: \$43

Individual Student Supply Fee: \$15

Class Fee: \$96

Ages or color group served: Blue

What level is this class: Level 3

Prerequisites: Students must be able to read and write on their own.

Graduation Requirements: HCU attendance policy

Homework Requirements: Most homework assignments will be activities to put their new skills in action outside of the classroom

Class Description:

Students will discuss and learn foundation life skills such as self regulation, decision making strategies, learning from failures, communication, building confidence and finding learning and coping opportunities using new skills doing chores, cooking and operating appliances at home. The goal is to encourage self growth, build autonomy, increase responsibilities at home teaching habits necessary for them to be more independent and effectively navigate tough life situations.

Week 1:

Class discussion and activity

Understanding yourself:

Self control

Say no to temptation

Forgive yourself

Week 2:

Class discussion and activity

Learn from Failure:

Don't get upset: Acknowledge failure and feelings, talk to a friend, family or trusted adult (activity to identify those specific people)

Week 3:

Class discussion and activity

See the opportunity in failure:

Failing forward

The reveal of better opportunities

Growth from failure

Better communication from failure

Week 4:

Class discussion and activity

Good Decision Making:

Make no choice

Making choices without thinking

Thoughtful decision making:

Identify the issue

Gather relevant information

List possible solutions

Learning self control

Week 5:

Class discussion and Activity

The Right Attitude for Success:

Staying Positive:

Focusing on good things

Avoid comparisons

Find your passion

Set realistic expectations

Choose your own "Be Happy" activity

Week 6:

Class discussion and Activity

Goal Setting:

Why

What

When

Write

Start Working

Week 7:

Class discussion and activity

Communication:

Exercise self control

Avoid tantrums

Speak Respectfully

Active Listening

Apologize when you need to

Be respectful of opinion of others

Take Criticism Constructively

Week 8:

Class discussion and Activity

Keeping Your Cool in an Emergency:

When and How to call 911

How to relay information
Your personal information

Week 9:

Class discussion and activity

Building Confidence:

Identify Fears

Letting fears go

People that you trust

Be Brave Activities

Week 10:

Class discussion and activity

Thinking of Others:

Acts of kindness activity

Become a Superhero

Affirmations and self talk

Week 11:

Class discussion and activity

Learning Effective Skills:

Good hygiene

Organizational skills

Learning opportunities:

Chores: practicing independence

Operating Appliances: washing machine, dishwasher, stove and microwave, vacuum cleaner

Cooking:

Preparing basics by yourself, using kitchen utensils safely, cooking safely with heat,
Clean up after yourself

Prepare for end of class party: what will you contribute

Week 12:

End of class party

Class discussion on personal growth and cheering others on