

Life Skills



To complete this level, you'll practice some skills you will need in your life.

Complete 8 of the 12 activities below to complete this level.

When you complete an activity, ask your instructor to write the date and their initials in the box.

<u>Classroom Activities</u> (Complete at least two activities)	
	Credit Cards: Watch the credit cards video and participate in a class discussion about how credit cards and interest work.
	Understanding Your Paycheck: Use some examples from different jobs to learn more about taxes and other payroll deductions.
	Language Stories: Participate in a conversation with some guest speakers who speak more than one language.
	Stress Management: Together with your group, learn about some skills you can use to help deal with stress.

<u>Friends and Family</u> (Complete at least two activities)	
	Household Skills: Work with an adult in your home to complete a household task you have not done before.
	Grocery List: Work with an adult in your home to plan a week of grocery shopping for your family.
	Our Schedule: Work with an adult in your home to plan a family schedule for the next week.
	How Much Does This Room Cost? Using the Cost of This Room worksheet, work with someone else in your home to estimate and then figure out the cost of things in a room.

<u>On Your Own or Small Groups</u> (Complete at least two activities)	
	My Budget: Using the My Budget worksheet, choose a job for and come up with a monthly budget.
	Pizza Shop: Working alone or with a partner, use the Pizza Shop worksheet to decide how much your pizza shop should charge for a pizza.
	Balance My Checkbook: Using the Balance My Checkbook worksheet, explore how to keep track of the money you've spent and how much you have in a bank account.
	Time Management: Use the Time Management worksheet to practice planning out a day for an imaginary family.