

Life Skills Plans 6th/7th/8th Grade

<u>Month</u>	<u>Topics</u>
Quarter 1 (August 23rd - November 2nd)	
August	Social Mapping Communication CII Overview, Rules and Etiquette
September	Technology Study Habits Cooking Basics Healthy Eating
October	Healthy Eating Meal Planning Grocery Shopping
Quarter 2 (November 2nd - January 17th)	
November	Emotions/Feelings Personal Hygiene
December	Budgeting and Money Management
January	Budgeting and Money Management
Quarter 3 (January 17th - March 28th)	
February	Stress Management Self-Esteem
March	Career Exploration
Quarter 4 (March 28th - June 7th)	
April	Mindfulness Problem Solving
May/June	Prepare for transition

