

NCS Life Skills Curriculum Grades 5-8

BOE Approved August 2024

Month	Essential Question	Content	Skills	Standards
Sept	<p>How do I keep my body healthy?</p> <p>How can I demonstrate good hygiene daily?</p> <p>How do I determine what grooming habits I need to apply?</p> <p>Why is it important to take good care of your body?</p> <p>Why is it important to know how to dress?</p>	Self-Care	<p>Bathroom & Hand Washing</p> <p>Getting Dressed</p> <p>Showering & Deodorant</p> <p>Teeth Brushing</p> <p>Washing Hair & Shaving</p> <p>Nail Care (mini lesson)</p> <p>Periods & Pads (mini lesson)</p>	<p>2.1.2.PGD.1: Explore how activity helps all human bodies stay healthy. Personal hygiene and self-help skills promote healthy habits. • 2.1.2.PGD. 2: Develop an awareness of healthy habits (e.g., wash hands, cough in arm, brush teeth). • 2.1.2.PGD.3: Explain what being “well” means and identify self-care practices that support wellness. • 2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care. • 2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary. • 2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing behaviors that can keep a person healthy (e.g., precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions).</p>

Oct	<p>How do I keep myself safe?</p> <p>How can I tell if I am sick or hurt?</p> <p>How do I keep my body healthy?</p>	<p>Safety</p> <p>Kitchen & Cooking</p>	<p>Digital Citizenship</p> <p>How to Be Safe</p> <p>5 Food Groups</p> <p>Cleaning Dishes</p>	<p>2.3.5.PS.4: Develop strategies to safely communicate through digital media with respect.</p> <p>9.2.8.CAP.4: Explain how an individual's online behavior (e.g., social networking, photo exchanges, video postings) may impact opportunities for employment or advancement</p> <p>9.4.2.DC.1: Explain differences between ownership and sharing of information. 9.4.2.DC.2: Explain the importance of respecting digital content of others.</p> <p>9.4.2.DC.3: Explain how to be safe online and follow safe practices when using the internet (e.g., 8.1.2.NI.3, 8.1.2.NI.4).</p> <p>9.4.2.DC.4: Compare information that should be kept private to information that might be made public.</p> <p>• 2.3.2.HCDM.2: Demonstrate personal hygiene and the use of necessary and appropriate health-enhancing behaviors that can keep a person healthy (e.g., precautions to avoid illnesses, handle food hygienically, brush teeth, regular physical activity, adequate sleep, appropriate dress for various weather conditions). •</p>

Nov	<p>How do I determine what I need for a recipe?</p> <p>How do I keep my kitchen organized?</p> <p>How do I safely prepare a meal and clean up after a meal?</p> <p>How do I safely use appliances?</p>	Kitchen & Cooking (cont.)	<p>Follow a Recipe</p> <p>Food Storage & Expiration Dates</p> <p>Kitchen Safety</p> <p>Meal/Table Manners</p> <p>Thanksgiving Feast</p>	<p>• 2.2.2.N.1: Explore different types of foods and food groups. • 2.2.2.N.2: Explain why some foods are healthier to eat than others. • 2.2.2.N.3: Differentiate between healthy and unhealthy eating habits.</p> <p>• 2.2.5.N.1: Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.</p> <p>2.3.2.PS.1: Demonstrate personal habits and behaviors that contribute to keeping oneself and others healthy and the environment clean and safe.</p>
Dec	<p>How do I make a shopping list?</p> <p>How do I find items in a store and determine the best buy?</p> <p>How do I pay for a purchase?</p>	Shopping	<p>Comparing Prices</p> <p>Finding Items/Navigating a Store</p> <p>Planning and purchasing gifts for others</p>	<p>9.1.2. FI.1: Differentiate the various forms of money and how they are used (e.g., coins, bills, checks, debit and credit cards).</p> <p>9.1.2.FP.2: Differentiate between financial wants and needs.</p> <p>9.1.5.PB.1: Develop a personal budget and explain how it reflects spending, saving, and charitable contributions.</p>
Jan	<p>What are the values of coins and bills?</p> <p>What is a budget and how do you use one</p>	Money	<p>Banking & ATM</p> <p>Budget</p> <p>Counting Money</p>	<p>9.1.2. FI.1: Differentiate the various forms of money and how they are used (e.g., coins, bills, checks, debit and credit cards).</p> <p>9.1.2.PB.1: Determine various ways to save and places in the local community</p>

	when shopping?		Paying with Money (Cash & Debit Card)	that help people save and accumulate money over time. 9.1.2.PB.2: Explain why an individual would choose to save money. 9.1.5.FI.1: Identify various types of financial institutions and the services they offer including banks, credit unions, and credit card companies. 9.1.5.FP.2: Identify the elements of being a good steward of money. 9.1.5.FP.3: Analyze how spending choices and decision-making can result in positive or negative consequences. 9.1.5.PB.1: Develop a personal budget and explain how it reflects spending, saving, and charitable contributions.
Feb	What is appropriate behavior to use in a restaurant? What is a budget and how do you use one when ordering food at a restaurant?	Restaurants	Budget for a Restaurant Meal Ordering Food Restaurant Manners Sit-Down Restaurant & Tipping	9.1.2. FI.1: Differentiate the various forms of money and how they are used (e.g., coins, bills, checks, debit and credit cards). 9.1.2.PB.2: Explain why an individual would choose to save money.
March	How and when do you wash your laundry?	Independent Living	Cleaning	9.4.5.CT.1: Identify and gather relevant data that will aid in the problem-solving

	<p>What materials do you use and how do you clean your living space?</p> <p>What are the capabilities of a cell phone and how do you use one to communicate?</p> <p>What is an emergency situation and how do you handle it?</p>		<p>Laundry</p> <p>Phone Skills</p> <p>Problem Solving</p>	<p>process (e.g., 2.1.5.EH.4, 4-ESS3-1, 6.3.5.CivicsPD.2).</p> <p>9.4.5.CT.2: Identify a problem and list the types of individuals and resources (e.g., school, community agencies, governmental, online) that can aid in solving the problem (e.g., 2.1.5.CHSS.1, 4-ESS3-1).</p> <p>9.4.5.CT.3: Describe how digital tools and technology may be used to solve problems.</p>
April	<p>How do I manage my time effectively?</p> <p>When cleaning my room, how do I decide what to put away or throw away?</p> <p>What items are needed in a wallet/purse?</p> <p>How can I speak up for myself?</p>	Independent Living (continued)	<p>Time Management</p> <p>Clean Room (mini lesson)</p> <p>Pack, Purse, and Wallet (mini lesson)</p> <p>Self Advocacy (mini lesson)</p>	<ul style="list-style-type: none"> • 2.1.2.EH.4: Demonstrate strategies for managing one's own emotions, thoughts and behaviors. • 2.1.2.EH.5: Explain healthy ways of coping with stressful situations. 9.1.2.PB.2: Explain why an individual would choose to save money. 9.1.2.RM.1: Describe how valuable items might be damaged or lost and ways to protect them. <p>2.1.2.EH.4: Demonstrate strategies for managing one's own emotions, thoughts and behaviors. • 2.1.2.EH.5:</p>

	How do I ask for what I need?			<p>Explain healthy ways of coping with stressful situations.</p> <p>2.1.2.SSH.8: Demonstrate healthy ways to respond to disagreements or conflicts with others (e.g., leave, talk to trusted adults, tell a sibling or peer).</p> <ul style="list-style-type: none"> • 2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others. • 2.1.2.EH.2: Identify what it means to be responsible and list personal responsibilities. • 2.1.2.EH.3: Demonstrate self-control in a variety of settings (e.g., classrooms, playgrounds, special programs).
May	<p>What are possible leisure time activities?</p> <p>How does one plan for leisure time activities?</p> <p>How do I stay active to have a healthy body and mind?</p> <p>How do I compose and send an email?</p>	Recreation/Leisure	<p>Recreation & Leisure</p> <p>Fitness & Exercise (mini lesson)</p> <p>How to Write an Email (mini lesson)</p>	<p>9.4.2.DC.6: Identify respectful and responsible ways to communicate in digital environments.</p> <ul style="list-style-type: none"> • 9.4.2.TL.1: Identify the basic features of a digital tool and explain the purpose of the tool (e.g., 8.2.2.ED.1). • 9.4.2.TL.2: Create a document using a word processing application. <p>9.4.5.DC.4: Model safe, legal, and ethical behavior when using online or offline technology (e.g., 8.1.5.NI.2).</p>
June	What is the appropriate way to interact with peers	Recreation/Leisure (continued)	Review concepts taught throughout the year	2.1.2.SSH.8: Demonstrate healthy ways to respond to disagreements or conflicts with others (e.g., leave, talk to trusted

	<p>during leisure time?</p> <p>How can I be a good sport?</p>		<p>Prepare for end of year activities (ie field day, field trips)</p>	<p>adults, tell a sibling or peer).</p> <p>9.4.2.DC.6: Identify respectful and responsible ways to communicate in digital environments.</p> <ul style="list-style-type: none"> • 9.4.2.TL.1: Identify the basic features of a digital tool and explain the purpose of the tool (e.g., 8.2.2.ED.1). • 9.4.2.TL.2: Create a document using a word processing application. <p>9.4.5.DC.4: Model safe, legal, and ethical behavior when using online or offline technology (e.g., 8.1.5.NI.2).</p>
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