

ELECTIVE
April 20th Packet
Life Skills
Mrs. Lijewski



Hello Students!! Hope all is well! Stay safe and healthy!

Directions: Spend 10-15 minutes each day or more on Life Skills. Have fun!

Email Mrs. Lijewski or post pictures of your work on Google Classroom if you can! Thank you!

Question? Email Mrs. Lijewski: angela.lijewski@pineriver.org or call her google number 231-335-7080

Join our Life Skills Google Classroom if you can!

Class Code: **63kzcb**

Week 1-April 20th-24th-Earth Care
EARTH DAY-WED. APRIL 22nd

Monday-Pick up 10 pieces of trash outside and/or all the garbage on the ground you see

Tuesday-Recycle paper, plastic, cans, and glass if possible

Wednesday-Plant seeds/bulbs to grow trees, plants, flowers, vegetables, and fruit if you can

Thursday-Turn off lights when you aren't using them, unplug electronics when not in use

Friday-Take a shorter shower, turn off the water when you brush your teeth, use cold water for laundry, and watch your water use

Week 2-April 27th-May 1st-Home Care

Monday-Pick up and put things back in the proper place/organize

Tuesday-Vacuum and dust

Wednesday-Wash windows and screens

Thursday-Sweep and mop

Friday-Wash the dishes and put away

Week 3-May 4th-May 8th-Body Care

Monday-Take a shower and wash

Tuesday- Clip your nails plus moisturize/deodorize the skin

Wednesday-Brush and style your hair

Thursday-Brush and floss your teeth

Friday-Dress and express yourself through your clothing

Week 4-May 11th-May 15th-Goals

Monday- Write down 5 goals for today

Tuesday-Write down 5 goals for the week
Wednesday-Write down 5 goals for the month
Thursday-Write down 5 goals for the year
Friday-Write down 5 goals for 5 years

Week 5-May 18th-May 22nd-Kindness

Monday-Say please and thank you throughout the day
Tuesday-Help someone at home when you see them struggling
Wednesday-Give some hugs at home throughout the day
Thursday-Praise someone for a job well done, give compliments throughout the day
Friday-Be kind to yourself throughout the day in your mind and to the body

Week 6-May 25th-May 29th-Cooking/Nutrition

Monday- Make yourself and/ or you and your family breakfast, healthy as possible
Tuesday-Make yourself and/ or you and your family lunch, healthy as possible
Wednesday-Make yourself and/ or you and your family dinner, healthy as possible
Thursday-Make yourself and/ or you and your family a snack, healthy as possible
Friday-Make yourself and/ or you and your family a dessert, healthy as possible

Week 7-June 1st-June 5th Physical Fitness

Monday-Take a walk/run/hike outside
Tuesday-Play or practice a sport or recreation activity by yourself or with someone outside
Wednesday-Do some push up and sit ups, bodyweight exercises
Thursday-Ride your bike or jumping jacks, cardio
Friday-Stretch/yoga (see Yoga Elective)

ELECTIVES

May 11th Packet

Mrs. Lijewski

Please send pictures of work with intentional effort made if possible to Mrs. Lijewski by email or google classroom.

Life Skills

Research a life skill you think is beneficial to learn, one we have not covered, and teach yourself through video, online learning, asking family and friends about the life skill, and/or practicing it. Write a one page summary on what you've learned.

HAVE A GREAT SUMMER!!

