

Skills to Live on Your Own Fact Sheet

Life Skills

- Help people function well in their environments
- Learned in sequential steps related to the individual's age and developmental stage
- Typically acquired through "learn-by-doing" activities

Targeting Life Skills Model

- Categorizes life skills within components of the 4-H program: Head, Heart, Hands, and Health.



Methods for Teaching Life Skills

- 4-H projects
- Activity manuals
- Demonstrations/Public Speaking
- Judging events
- Skill-a-thons
- Project workshops
- Educational trips
- Resume building
- Working as camp counselors

The most learning occurs when members have the opportunity to actually experience 4-H projects as compared to just reading or listening to information about their projects.

Sample Resources Designed to Teach Life Skills

- "Ignition Nutrition" – focuses on nutrition and exercise
 - Defines nutrition and exercise and encourages record keeping
 - Focuses on label reading and sugar in drinks
 - Teaches the food guide pyramid
 - Explores the fat in fast foods
 - Gets 4-H members moving with dance
 - Focuses on combination foods
- "The Emily Post Institute" – focuses on etiquette and manners
 - Table manners
 - Classroom manners
 - Magic words
 - Thank-you notes
 - Cell phone etiquette
 - Holiday manners

