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