

## On My Own & OK

\* The following lessons are designed for grades 3-9.

Lesson Title	Pg	Grade Level	Academic Standards	Activity Description
<b>Lesson 1: Feelings</b>	<b>8</b>			
Activity A		3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Discuss why it might be scary to be home alone and why children stay home alone
Activity B				Show emotions using magazine cutouts
Activity C				Demonstrate expressing an emotion
Activity D		3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Draw emotions and discuss body language
Activity E		8	1.4.8 D	List daily activities and share with parents
		3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Discuss whether list of activities might be helpful
Activity F		3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Fill in worksheet with feelings discuss if students want to. Share with parents
<b>Lesson 2: Safety skills</b>	<b>9</b>			
Activity A		3-9	10.3.3 A; 10.3.6 A; 10.3.9 A	Leader talks about home safety and gives a tip sheet
Activity B		3-9	10.3.3 B; 10.3.6 B; 10.3.9 B	Leader talks about dealing with emergencies and gives a tip sheet
Activity C		3-9	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.3.3 A & B; 10.3.6 A & B; 10.3.9 A & B	Group talks about and do a worksheet about what to do concerning safety and in emergency situations
Activity D		3-6	10.3.3 B; 10.3.6 B	Students learn emergency numbers
Activity E		3-9	10.3.3 B; 10.3.6 B; 10.3.9 B	Students get a first aid tip sheet
		3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Students discuss first aid
Activity F		3-9	1.6.3 E; 1.6.5 E; 1.6.8 E; 10.3.3 A & B; 10.3.6 A & B; 10.3.9 A & B	Role-play safety and emergency situations
<b>Lesson 3: Daily routines</b>	<b>10</b>			
Activity A		3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 11.2.6 B	Discuss morning routines and the best way to manage time and prepare for the day
Activity B		6	11.2.6 B	Go over morning time management
Activity C		3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 11.2.6 B	Discuss afternoon schedule and responsibilities

Activity D	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 11.2.6 B	Discuss best time to do homework and why
<b>Lesson 4: Sibling care</b>	<b>11</b>		
Activity A	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 11.4.3 A	Discuss young children and their needs
Activity B	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Discuss who is in charge and its meaning
Activity C	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.3.3 C; 10.3.6 C	Discuss sibling misbehavior and disagreement situations
	3-6	11.4.3 A; 11.4.6 A & B	Discuss ways to deal with young children
Activity D	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.3.3 C; 10.3.6 C	Discuss a safety/ disobedience/ disagreement issue
Activity E	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.3.3 C; 10.3.6 C	Discuss sibling conflict worksheet and solutions
<b>Lesson 5: Leisure time</b>	<b>12</b>		
Activity A	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Discuss loneliness and boredom when along for a long time
Activity B	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Discuss and define leisure
Activity C	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Discuss making a time capsule
Activity D	3-8	1.8.3 B; 1.8.5 B; 1.8.8 B	Research info to make genealogy chart
Activity E	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Discuss who collects what
<b>Lesson 6: Nutritious snacks</b>	<b>13</b>		
Activity A	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.1.3 C; 10.1.6 C; 11.3.3 C, D & E; 11.3.6 C, D & E	Discuss basic food groups, good snacks, nutrition value, calories, etc.
Activity B	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.1.3 C; 10.1.6 C; 11.3.3 C, D & E; 11.3.6 C, D & E	Have food tasting party and discuss food choice
Activity C	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 11.3.3 B; 11.3.6 B	Discuss food handling safety
Activity D	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.1.3 A; 10.1.6 A; 11.3.3 B; 11.3.6 B	Discuss or role-play kitchen safety situations

Academic Standards for Reading, Writing, Speaking and Listening met:

Types of Writing: 1.4.8 D

Speaking & Listening: 1.6.3 D E; 1.6.5 D E; 1.6.8 D E

Research: 1.8.3 B; 1.8.5 B; 1.8.8 B

Academic Standards for Health, Safety and Physical Education met:

Concepts of Health: 10.1.3 A C; 10.1.6 A C

Safety & Injury Prevention: 10.3.3 A B C; 10.3.6 A B C; 10.3.9 A B

Academic Standards for Family and Consumer Sciences met:

Balancing Family, Work, & Community Responsibility: 11.2.6 B

Food Science & Nutrition: 11.3.3 B C D E; 11.3.6 B C D E

Child Development: 11.4.3 A; 11.4.3 A B