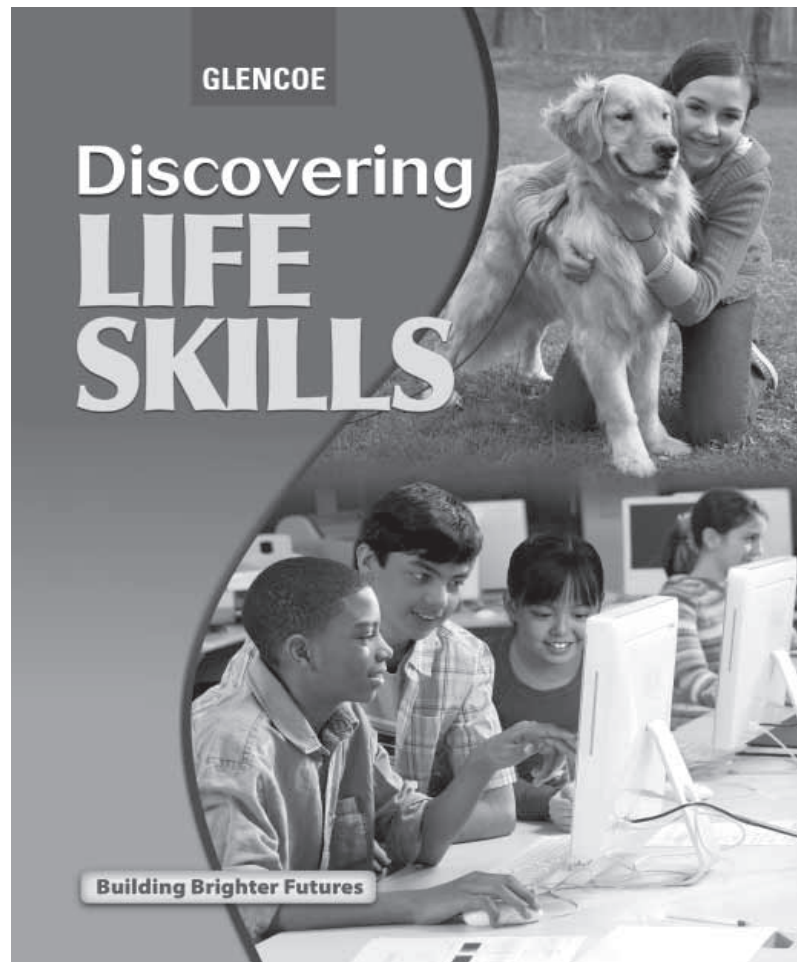


Discovering **Life Skills**

Project & Activity Cards



Glencoe

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Safety Notice

The reader is expressly advised to consider and use all safety precautions when undertaking the activities described herein. In addition, common sense should be exercised to help avoid all potential hazards and, in particular, to take relevant safety precautions concerning any known or likely hazards involved in food preparation, or in use of the procedures described in *Discovering Life Skills*, such as the risk of knife cuts or burns.

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1 2 3 4 5 6 7 8 9 10 10 09 08 07 06

Project & Activity

Card 3

Supplies

 three to four samples of hand lotion or soap

Comparing Grooming Products

Hand lotion, soap, and other grooming products fill the shelves in supermarkets and convenience stores. With so many brands to choose from, it's hard to know which ones are right for you. So what can you do? Examine and compare!

DIRECTIONS

1. Gather three or four different brands or types of hand lotion or soap.
2. Sample each product. (Wash hands with soap or apply lotion.)
3. On paper, make a chart and record your observations about each sample. Is one lotion more greasy? Is one soap milder than the others?
4. Examine the product label on each sample. Note differences in ingredients, directions for use, and the promised effects of the product.
5. Predict the effects you think each sample will have, based on the grooming use for which it was intended. Include your predictions in your chart.
6. Based on your observations, explain which sample you think will work best and why.

Project & Activity

Card 4

Supplies

- ✎ 5–7 family recipes
- ✎ recipe cards
- ✎ miniature photo album
- ✎ photos
- ✎ ribbon
- ✎ markers
- ✎ buttons, charms, flat trinkets, or ribbon

Favorite Family Recipes

Family recipes and photos represent your family's culture. You can make this easy recipe book to share your culture with your family and friends.



DIRECTIONS

1. Write Favorite Family Recipes on a recipe card and decorate with buttons, charms, flat trinkets, or ribbon. Slide card into the cover slot of your photo album.
2. Choose five to seven family recipes.
3. Write each recipe on a separate recipe card. Add a hand-drawn picture of the key ingredients.
4. On a separate recipe card, use a photo of a family member or another photo that is special to you.
5. Decorate the photo cards with buttons, charms, flat trinkets, or hand-drawn pictures.
6. Write a sentence on the card as to why the recipe reminds you of the photo.
7. Slide each of the cards into the photo slots.

Project & Activity

Card 5

Supplies

- ✎ small round balloons
- ✎ craft glue
- ✎ water
- ✎ newspaper
- ✎ yarn or ribbon
- ✎ paint, glitter, seeds, or beads

Papier-Mâché Ornaments

Ornaments made from papier-mâché are light and decorative. Hang them on a holiday tree or from a mantle garland, or place several of them in a decorative bowl.

DIRECTIONS

1. Blow up the balloons to a small size—no larger than 8 in. or 9 in. (20 cm or 22.5 cm) in diameter. Set aside.
2. In a bowl, mix 2 cups of water with 1 cup of craft glue.
3. Cut the newspapers into 2 in. (5 cm) wide strips.
4. Dip the strips in the glue mixture until they are saturated, but not dripping. Wrap the strips around the balloon until it is well covered. Tuck the balloon end inside.
5. Cut a 3 in. (7.5 cm) long piece of yarn or ribbon and place at the top, carefully wrapping a glue strip around the edges to secure it. This will become the hanger.
6. Let the papier-mâché dry completely.



DECORATING OPTIONS

- Decorate your ornament by painting it, coating it in glitter, or gluing seeds or small beads to it.
- For a fabric finish: Cut 1 in. (2.5 cm) wide strips of fabric with pinking shears. Dip them in the same glue and water mixture, and wrap them around the ornament, completely covering the newspaper. Let the fabric dry completely.

Project & Activity Card 6

Supplies

- 🖌️ paper plate
- 🖌️ acrylic paints
- 🖌️ paintbrushes in assorted sizes
- 🖌️ clear glass coffee mugs

Painted Mugs

Friends and family members would be happy to receive personalized mugs. They're great for hot chocolate, warm apple cider, coffee, or tea.

DIRECTIONS

1. Pour a small amount of paint on the paper plate in the colors desired.
2. Dip the brush in the paint and paint the outside of the mug in the pattern of your choice. Do *not* paint the inside of the mug.
3. Let the paint dry completely before using the mug.
4. Hand wash and dry the mug. Do *not* place it in the dishwasher.

DECORATING OPTIONS

- Wide stripes
- Polka dots
- Plaid or checkerboard pattern
- Flowers
- Sports themes



Project & Activity

Card 7 & 8

Supplies

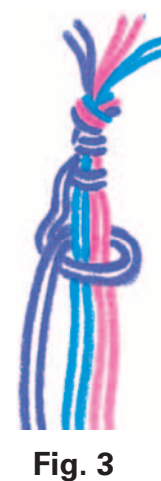
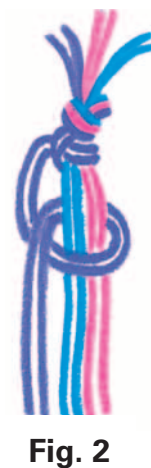
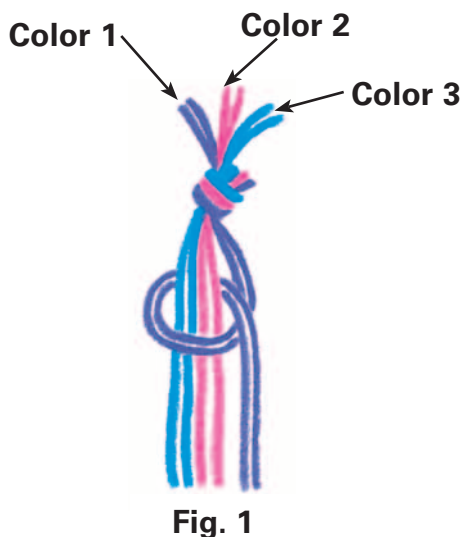
- ✂ embroidery floss in three different colors

Friendship Bracelets

Friendship bracelets are fun accessories to make and share with your friends.

DIRECTIONS

1. Cut two 28 in. (70 cm) strands of floss in each color.
2. Place the strands together and tie a knot at one end about a 1½ in. (3.75 cm) from the end.
3. Separate the colors.
4. Hold colors 2 and 3 straight as you wrap color 1 around colors 2 and 3. Make a knot. **See Fig. 1.**
5. Turn the strands to the opposite side and make another knot in the same manner. **See Fig. 2.**
6. Repeat again on the same side to make a third knot. **See Fig. 3.**



(Continued on next page)

7. Hold colors 3 and 1 straight as you wrap color 2 around colors 3 and 1. Make a knot. **See Fig. 4.**
8. Repeat Steps 5 and 6.
9. Hold colors 1 and 2 straight as you wrap color 3 around colors 1 and 2. Make a knot.
10. Repeat Steps 5 and 6. You will begin to see a twisting pattern like the one in **Fig. 5.**
11. Repeat the knotting process until all of the floss is knotted. *Note:* Switch colors around to create the color pattern you desire.
12. Tie a knot in the loose end. Trim the ends if needed.
13. Knot the ends together to form a friendship bracelet. **See Fig. 6.**

VARIATIONS

- Insert tiny seed beads onto the bracelet as you are tying the knots.
- Make bracelets in your school's colors for spirit day.
- Tie a jewelry closure on the end of the bracelet for easy wearing.

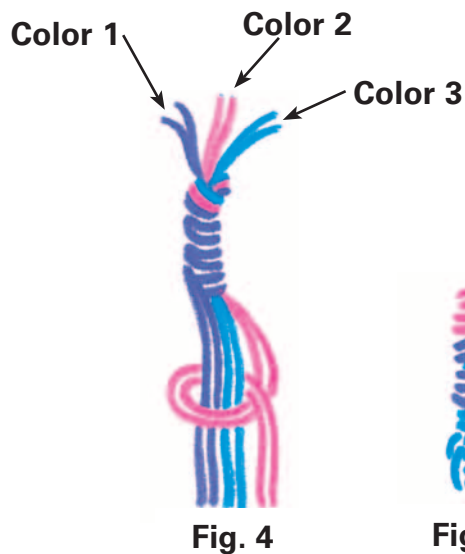


Fig. 6

Project & Activity

Card 9

Causes of Conflict

People sometimes experience conflict over such issues as territory, property, power, authority, or values. Analyzing the cause of a conflict is the first step toward resolving it.

DIRECTIONS

1. Review the common areas of conflict shown in the following chart. Think about each statement and how or when you might hear or make such a statement during a particular conflict. Write examples from your experience for each of these areas of conflict.
2. Select one of the conflicts you could feel comfortable sharing with the class. Analyze that conflict by answering the following questions:

Area of Conflict	Examples of Statements
Territory	"Go away!" "What are you doing in my room?"
Property	"That's mine!" "Where did you put my scissors?"
Power	"As long as I'm paying the bills, I make the rules."
Authority	"I'm the group leader, and my decision is final."
Values	"If you choose to do that, I can't be a part of it. It's wrong!"

- a. What is the source of the conflict?
 - b. Who are the people involved?
 - c. What values are involved?
 - d. How could the conflict be resolved in a positive way?
3. Make a diagram of the conflict as you work through the questions. Use pictures and labels to show the causes, the people affected, and possible positive resolutions.
 4. Present your diagram to the class and explain how it represents a source and a resolution of a specific conflict.

Project & Activity

Card 10

Listening Skills

The ability to listen is just as important as the ability to express yourself. Listening is not the same as hearing. When you hear, you are aware of the words being said. When you listen, you make an effort to understand the message.

DIRECTIONS

1. Assume you have moved to a new school and you need directions to various locations in the community. (The starting point for the directions will be the school.)
2. Team up with a partner, and have the partner give you directions. Here are some possible locations for which you need directions:
 - the mall
 - the hospital
 - the police department
 - the fire department
 - a local pizza place
 - a local grocery store
 - a local fitness center
 - a local park
3. As your partner gives directions, listen carefully, and ask questions if anything is unclear. After you receive directions, say, "Let me repeat that to make sure I got it right." Then repeat the directions. Let your partner correct you if you make any errors.
4. Switch roles so that your partner gets a chance to practice his or her listening skills.
5. Practice using your listening skills at home too. Give feedback when your parents tell you their news, and ask questions if you don't understand something.

Project & Activity Card 11

Supplies

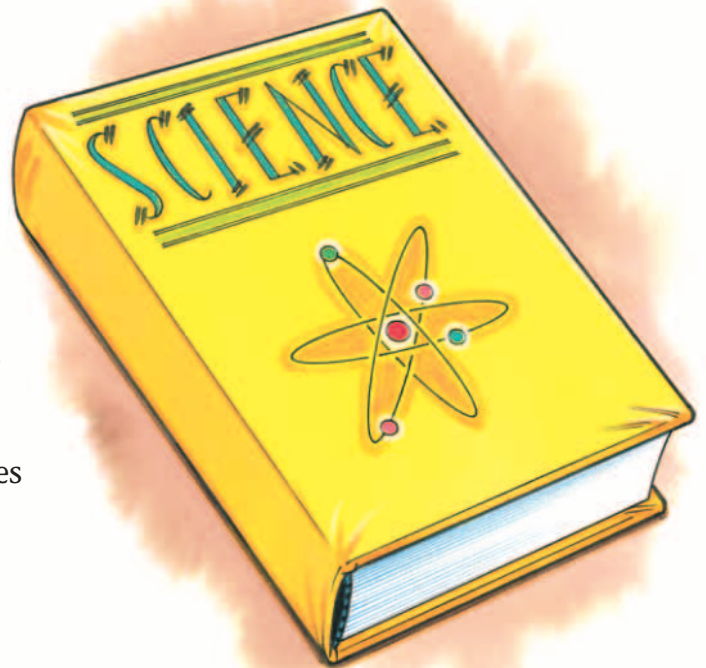
- tape measure
- muslin fabric
- pinking shears
- fusible interfacing
- fabric markers

Book Covers

Fabric book covers protect books from wear and tear. You can make book covers for your school library or for some of your books at home.

DIRECTIONS

1. Measure the book you'll be covering, and add an extra 3 in. (7.5 cm) to each side measurement. Write down these dimensions.
2. Use pinking shears to cut out the muslin and fusible interfacing in the dimensions you measured.
3. Fuse the interfacing to one side of the fabric, following the manufacturer's directions.
4. Fold the cover around the book and mark the cover edges with a disappearing marker. Remove the cover and place on a hard surface.
5. On the right side of the muslin, write the name of the book using fabric markers. You can also draw a picture to represent the book, if desired.
6. Place the cover on the book, tucking the edges inside the front cover.



Project & Activity

Card 12

Canned Food Drive

Help your community's food pantry by holding a canned food drive.

DIRECTIONS

1. Organize your class into groups. Each group should be responsible for collecting canned goods and non-perishable items.
2. Set the dates each month that you will collect the food.
3. Choose a place where food should be dropped off, such as your classroom or students' homerooms.
4. With your teacher's permission, make signs about the food drive for your lunchroom and community board. Add a note about the food drive in your school newsletter.
5. Collect the food and place it in cardboard boxes. *Note:* Do not place too many canned items in one box or the box will be too heavy to lift.
6. Put like foods together, so that the food pantry staff can more easily identify what has been collected.
7. Arrange to have the food taken to the community food pantry. See if your local food pantry can pick up the food from your school.

Project & Activity

Card 13 & 14

Go for the Goal

When a football player makes a touchdown, fans cheer with excitement. It's a great accomplishment. The touchdown, however, occurs only because of a series of accomplishments as the player passes the 20-yard line, the 30-yard line, and so on. Similarly, when you set out to achieve a long-term goal, short-term goals are steps along the way.

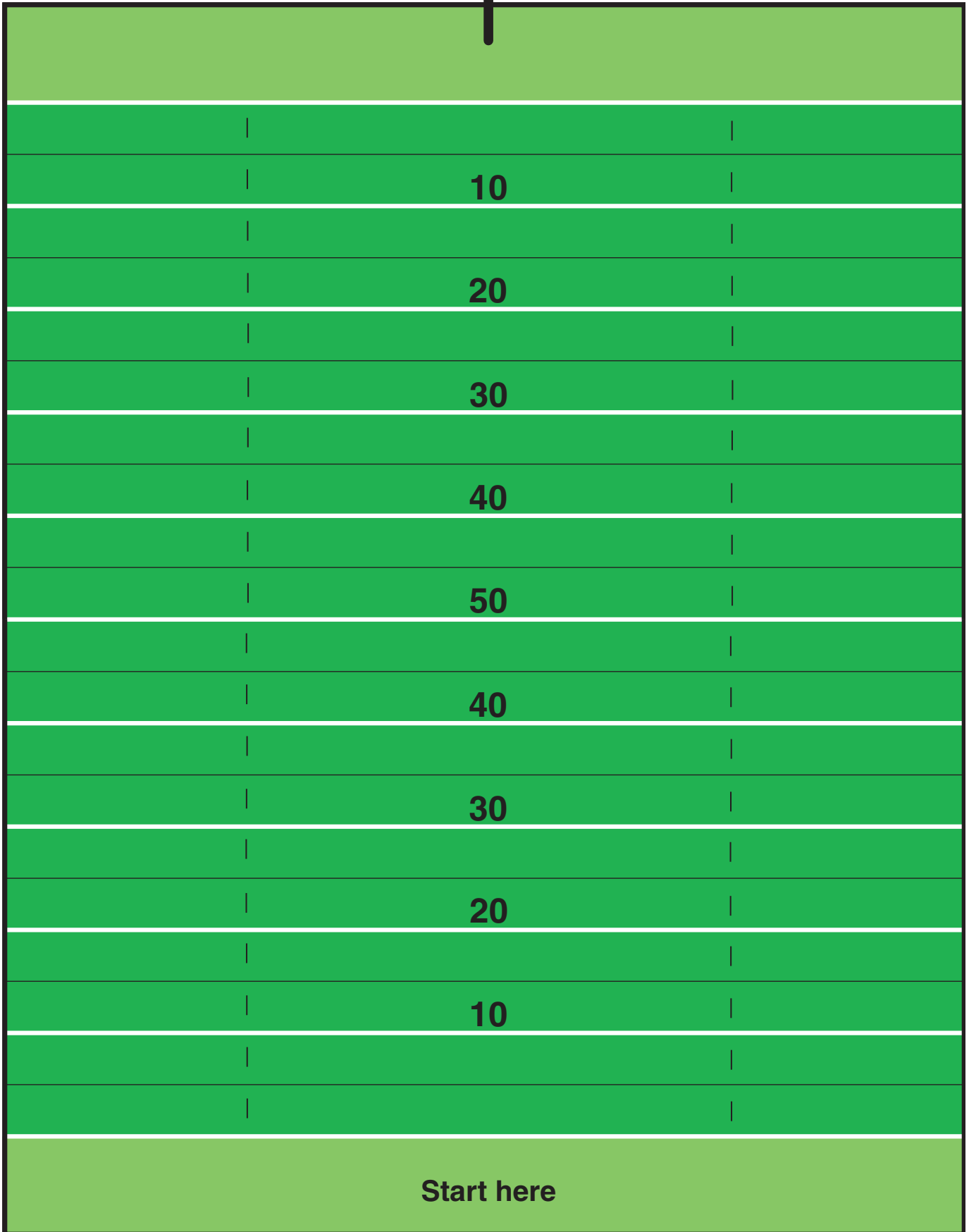
DIRECTIONS

1. On a piece of scratch paper, write down one of your long-term goals and place it at the goal post on Card 14.
2. Jot down each of the short-term goals you will need to accomplish in order to reach your long-term goal. Then decide the order in which you need to pursue your short-term goals.
3. Starting in the end zone at the opposite end of the field from the goal post, place short-term goals in the order in which you will need to accomplish them. Pretend that you are a football player. Which short-term goal represents the 10-yard line? The 20-yard line? The 50-yard line?
4. Make a photocopy of your "goal" playing field. Hang your completed poster in your room. As you accomplish each of the short-term goals, be your own fan. Give yourself a cheer for being one step closer to the touchdown!



(Continued on next page)

TOUCHDOWN!



Project & Activity

Card 15

HELP WANTED

Lawn service has part-time positions open. Opportunity for after-school job. Call Carpet Lawn for details.

Seeking Employment

Recognizing the skills you possess can be a first step toward an enjoyable career. Employers are always looking for skilled individuals to fill positions. Create a personal job-wanted advertisement to show what a valuable employee you will be.

DIRECTIONS

1. Study the “Employment Wanted” section in the classified ads of the newspaper. Imagine you are going to place an ad in this section.
2. Decide what you would write in each of the spaces below to describe your own skills. Include anything that you think would help you succeed on the job.

Enthusiastic Teen Needs Work!

Teen has strong skills in _____ (math, science, language arts).

Enjoys working with _____ (numbers, computers, new ideas).

Teen has volunteered at _____ (experiences, talents, or special interests).

3. Copy the entire advertisement onto a sheet of paper. You can include additional information or change the format of the ad to reflect your own personality.
4. Read over the job-wanted ad you have created. Identify a career that you think you might pursue, considering all the skills and talents that you already possess!

Project & Activity

Card 16

Reading Want Ads

Want ads use special terms and abbreviations to save space. Prepare yourself for future job searches by becoming familiar with some of these terms.

DIRECTIONS

1. Read Want Ad #1 and follow these directions.
 - Look in a dictionary to find the meaning of *courier*.
 - The term *Comm. basis* means that the workers will be paid on commission. Find out what commission means.
 - Think about the hours that workers might work. What do you think the abbreviations *F/T* and *P/T* stand for?
2. Read Want Ad #2 and answer these questions.
 - What do you think the advertisers are looking for when they say that the cashier must be a *qualified individual*?
 - What does *\$7/hr.* mean?
 - About how much money could you earn in a month?
3. Read Want Ad #3 and answer these questions.
 - What does the abbreviation *co.* mean?
 - What does the abbreviation *immed.* mean?
 - Why might the advertisers be especially interested in people who can speak more than one language?
 - What questions might you ask if you called to find out more about this job?

Want Ad #1.

Couriers

Bikers, Walkers & Drivers

Join a unique courier network that features work from multiple courier companies. Our couriers earn more. Comm. basis. F/T, P/T. Call Joe Crane at Express Couriers.

Want Ad #2.

Cashier

Fast food rest. \$7/hr. for qualified individual. Apply in person at Petit Rotisserie, James Mall Food Court.

Want Ad #3.

No Experience Needed

National co. has immed. openings for inside telephone work setting appts. Full or P/T hrs. We will train motivated people. Bilingual a plus. Guaranteed hrly. bonuses + benefits.

Project & Activity

Card 17

Practicing Job Interviews

A job interview is a meeting between an employer and a job applicant. The interview provides you a chance to sell your qualifications. This activity will give you a chance to practice your job interview skills.

DIRECTIONS

1. First, work on your own. Think of questions an employer might ask in an interview. An employer will want to know about your job experience, your interests, your schoolwork, and the abilities that you feel will suit you to the job you are trying to get. On a separate sheet of paper, make a list of possible questions.
2. Meet with a partner. Read the two situations given, and choose one on which you both agree. Decide who will be the employer and who will be the job applicant. Use the questions you both wrote. Set up and carry on an interview with your partner.
3. After finishing one interview, switch roles and replay the interview. Decide which version you will present to the class.
4. Present your interview to the class. Discuss which strategies on the part of the job applicant seemed to be most effective.

Applicant A

Mona is 16. Next year, she'll go to a technical high school, where she wants to train to be an auto mechanic. Now, Mona is applying for a part-time job at a service station. She has learned a lot about fixing cars because she has helped her father work on the family car, doing such tasks as changing the oil and flushing out the radiator. Mona is scheduled to meet with the owner of the service station on Friday after school for a job interview.

Applicant B

Jon is applying for a summer job as a camp counselor. Jon has two younger cousins and enjoys spending time with them. He has been a teacher's aide at his church's Sunday School. Jon is planning to go to college and become an elementary school teacher. His interview with the director of the camp is planned for Monday evening.

Project & Activity Card 18

Supplies

- ✏ 3 sheets of construction paper
- ✏ a roll of tape
- ✏ markers
- ✏ scissors

Teamwork

On the job, you will need the ability to work as part of a team. You may already have experienced teamwork if you play organized sports or take part in a club at school.

DIRECTIONS FOR PART I

1. Break into groups of three or four.
2. Gather your supplies. Use them to create a building.
3. You may only use the supplies you are given.
4. You must write down all of the steps you take to complete the building.
5. At the end of the class period, vote on which team's building is best. Be prepared to tell why.

DIRECTIONS FOR PART II

Answer the following questions on a separate sheet of paper.

1. What did you learn about teamwork from this experience?
2. What would you do differently the next time you are part of a team?
3. What part did planning play in the outcome of your team's building?
4. Were you happy with the outcome of your team's building? Why or why not?

Project & Activity Card 19

Supplies

- ✎ a piece of paper, 6 in. (15 cm) wide and 60 in. (150 cm) long
- ✎ yardstick
- ✎ markers, colored pencils, or crayons

Growth Charts

Children grow incredibly fast. You can make this fun growth chart for siblings, cousins, or friends and record their rates of growth.

DIRECTIONS

1. Cut a piece of paper 6 in. (15 cm) wide and 60 in. (150 cm) long.
2. Use the yardstick to draw a line down the center of the paper.
3. Create a growth chart by marking each $\frac{1}{2}$ in. (1.3 cm) from the bottom to the top on the center line.
4. Use the colored markers, pencils, or crayons to decorate the growth chart as desired.

DECORATING OPTIONS

- Flowers growing from buds to large blossoms
- Animals, from a small ground squirrel to a tall giraffe
- Different sized handprints and footprints, from small to large
- Caterpillars and butterflies
- Sports equipment, from baseballs to basketballs



Project & Activity Card 20

Supplies

- ✎ construction paper
- ✎ black permanent marker
- ✎ ruler
- ✎ 3-hole punch
- ✎ ribbon

Activity Book

What child doesn't love puzzles and games? With a little imagination, you can make an activity book for children. Give it to a child in the family, or use it the next time you go babysitting.











DIRECTIONS

1. Use construction paper and a black permanent marker to create games such as search-and-find, crossword, connect-the-dots, and fill-in-the-blank. Be sure to use age-appropriate pictures and words. Use a ruler to keep your lettering straight. Write in large letters so that young children can read the words easily.
2. Make up several coloring pages with simple scenes or geometric shapes.
3. Arrange the pages in the desired order.
4. Use a 3-hole punch to punch the left side of the pages.
5. Bind the book together by tying ribbon through the holes.



Project & Activity Card 21

Supplies

-  2 c. flour
-  1 c. salt
-  1 c. water
-  2 T. cooking oil
-  food coloring
-  bowl
-  measuring cups
-  large spoon
-  wax paper
-  plastic containers with lids

Modeling Dough

Have some fun with homemade modeling dough on your next babysitting assignment. It's a good way to entertain children and keep them busy.

DIRECTIONS

1. Measure the flour, salt, water, and cooking oil into a bowl. Mix thoroughly using a large spoon.
2. Use your hands to form the dough into several balls.
3. Color dough by adding several drops of food coloring to each ball. Immediately knead the food coloring into the dough with your hands until the color is blended in.
4. Place the colored dough balls on a sheet of wax paper.
5. Store each dough ball in a tightly covered plastic container for future use.

Project & Activity

Card 22

Consumer Letter

As an informed consumer, you should know how to evaluate products. When you have an opinion about a particular product, you can take responsibility for letting the manufacturer know whether the product meets your needs and expectations.

DIRECTIONS

1. Choose a product that you recently bought. Think about the product and its features. Is this product of benefit and value to teens? In what ways? Make a list of everything you can think of—good or bad—about the product.
2. Draft a formal letter to the company that produces the product. Compliment the company about the features of the product that you like, or complain about how and why the product disappointed you. Perhaps you can suggest ways to make it better. As you write, remember your consumer responsibility to be fair and accurate.
3. Trade letters with a classmate. Get feedback about how to improve your letter. Revise your letter using any of your partner's suggestions you like.
4. Find the company's address on the product's package. Print a final copy of your letter.
5. Mail it to the company's consumer relations department.

Project & Activity

Card 23

Supplies

- ✎ heavy poster board, cut to an 18 in. (46 cm) square
- ✎ index cards
- ✎ markers
- ✎ die
- ✎ four different colored buttons or game pieces
- ✎ wooden beads to represent \$1 tokens

Budgeting Game

This entertaining board game will give you a chance to practice your money-management skills.

DIRECTIONS

1. Cut a piece of heavy poster board into an 18 in. (46 cm) square.
2. Create a game board similar to the one shown on this card.
3. Use index cards to create 10 income cards and 10 expense cards. On each income card, write a situation involving income, such as "You raked leaves. Collect \$4." On each expense card, write a situation involving an expense, such as "Bought Mom a birthday card. Pay \$3." Shuffle the cards and place them in a pile, face down, in the center of the board.
4. Give each player \$20 in \$1 tokens. Place the extra money in a cup labeled "bank."
5. Take turns rolling the die to move around the board. Whenever a player lands on a "Budget" square, he or she picks a card and follows the directions, getting money (income) from the bank or paying money (expenses) to the bank.
6. When each player reaches "Finish," he or she should count his or her \$1 tokens. When the last player reaches Finish, determine who stayed closest to the original budget amount of \$20.
7. Play a second round of the game, adding decision cards that require players to make money-management choices, such as "Do you want to earn \$5? If so, lose one turn while you babysit."



Project & Activity

Card 24

Managing Your Money

Managing your money means balancing your income against your expenses. It's time to start practicing.

DIRECTIONS

1. Imagine this is a list of your needs and wants:
 - Your parents require you to buy your own shampoo, soap, and deodorant.
 - You want to purchase a new DVD.
 - You want to purchase a special T-shirt.
 - You must save 10 percent of your income in a savings account.
2. You can use one or more of the following methods to earn the money you need.

Babysitting

5 hours a week
\$7 per hour
 $5 \times 7 = \$35$ per week
\$140 per month

Yard Work

1 job a week
\$15 per job
 $1 \times 15 = \$15$ per week
\$60 per month

Allowance

\$5 per week
\$20 per month

3. Develop a simple budget showing how you would take care of your needs and still be able to purchase both the DVD and the special T-shirt that you want.
4. On a separate piece of paper, describe the steps you will take to manage your budget.

Project & Activity

Card 25 & 26

Supplies

- ✎ 1 yard (.95 m) of canvas fabric
- ✎ thread to match fabric
- ✎ jeans needle
- ✎ straight pins
- ✎ chalk marker or pencil
- ✎ double-fold bias tape
- ✎ wire coat hanger

Car Organizer

A car organizer is handy for keeping items such as maps, magazines, an umbrella, and tissues handy.

DIRECTIONS

1. Cut two rectangles of fabric: 40 in. x 17½ in. (100 cm x 43.75 cm) and 11 in. x 5 in. (27.5 cm x 12.5 cm).
2. Fold the two short ends of the large rectangle over ½ in. (1.3 cm) and press.
3. Fold over again ½ in. (1.3 cm) and press.
4. Pin and stitch in place.
5. Measure down 5 in. (12.5 cm) from the center of the top edge. Use chalk to mark a horizontal line 2 in. (5 cm) long. **See Fig. 1.**
6. Make a horizontal buttonhole on top of the horizontal line.
7. Fold the top edge over 5 in. (12.5 cm) so that the buttonhole is positioned at the top of the organizer. **See Fig. 2.**



Fig. 1

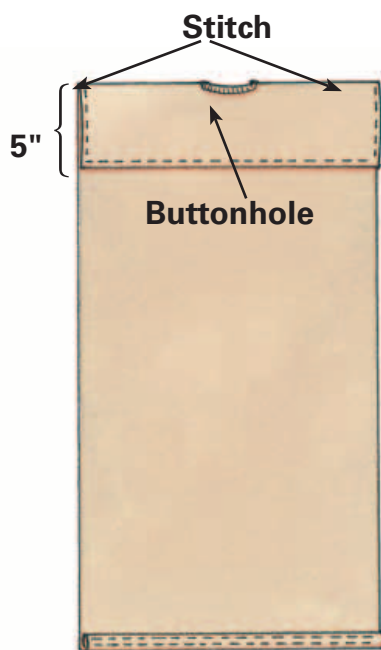


Fig. 2

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8. Pin the edges and stitch in place.
9. Fold up the bottom edge of the rectangle 10 in. (25 cm) and pin the edges. Stitch in place.
10. Mark stitching lines as shown to form three pockets.
11. Stitch on these lines, backstitching at the beginning and end to reinforce. **See Fig. 3.**

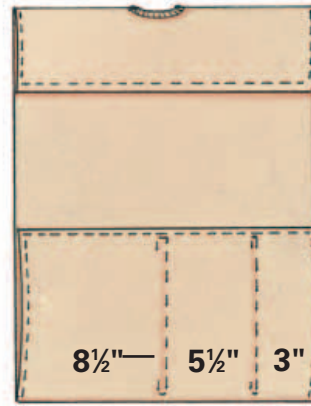


Fig. 3

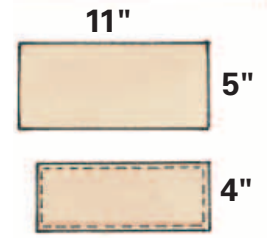


Fig. 4

12. Place double-fold bias tape right sides together both long edges of the organizer.
13. Pin and stitch in place.
14. Turn the tape over the edge, sandwiching the canvas in between and pin.
15. Stitch in place.
16. Fold under and press 1/2 in. (1.3 cm) from all edges of the short rectangle to form a clear edge on all sides. This will form the top layer of a pocket. **See Fig. 4.**

a l o n g

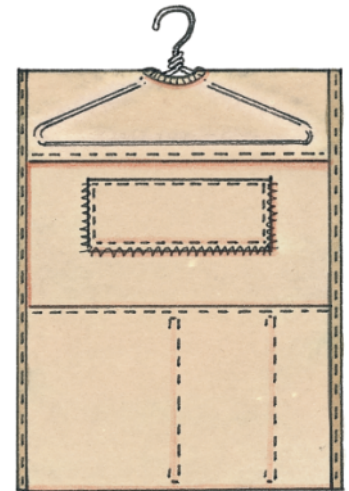


Fig. 5

17. Pin the pocket in place on the large rectangle. **See Fig. 5.**
18. Edgestitch along the bottom and the sides of the pocket.
19. Insert the hanger under the top flap and through the buttonhole.
20. Place items such as maps, magazines, a mini-umbrella, and tissues in the pocket organizer. Hang on the back of a car seat. **See Fig. 6.**

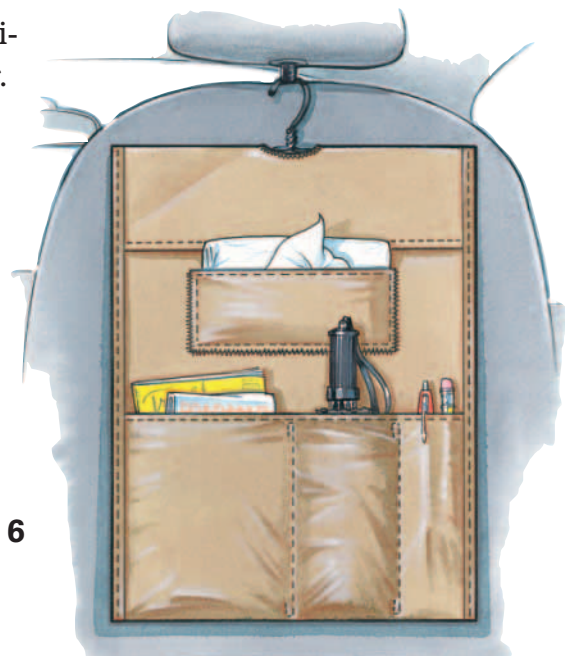



Fig. 6

Project & Activity Card 27

Designing and Organizing

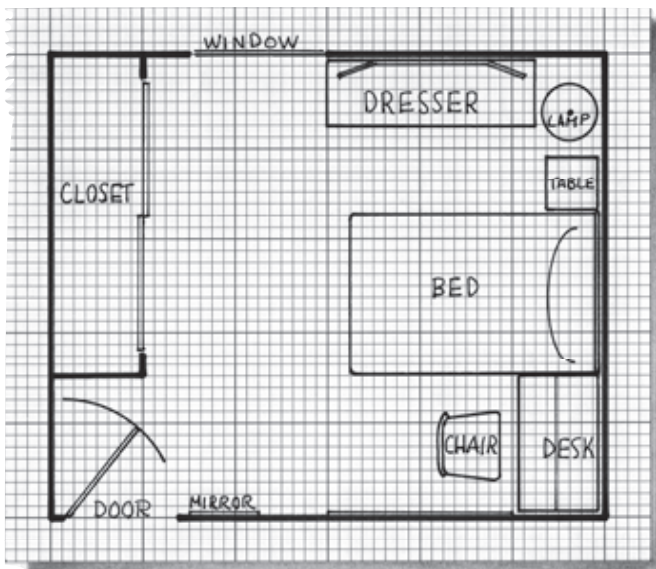
Think about how you might change your bedroom at home.

Supplies

 2 sheets of graph paper

DIRECTIONS

1. On a piece of notebook paper, make a list of the changes you would like to make to your room, including colors and arrangement of furniture.
2. Write down how you will organize everything in the room, including what you might recycle.
3. On a sheet of graph paper, show the room space as it is now, including the furniture arrangement.
4. On a second sheet of graph paper, plan the space using the principles of design.
5. Write down why your new plan is better than the current arrangement of your room.



Project & Activity Card 28

Supplies

- 📌 corkboard
- 📌 lettering stencils
- 📌 thin-line markers
- 📌 flat ribbon
- 📌 white glue

Message Board

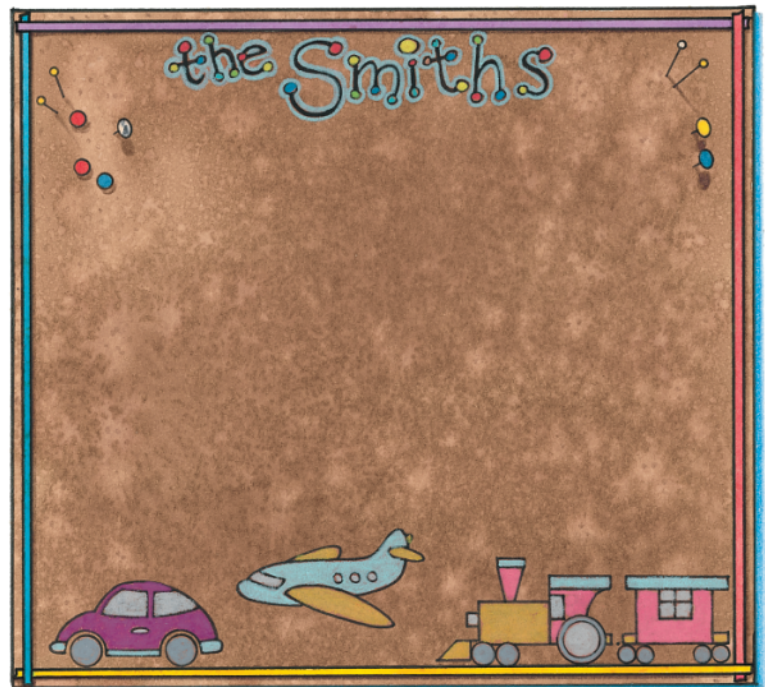
A message board is a useful tool in a busy household. Use it to help your family get organized.

DIRECTIONS

1. Use the lettering stencils and markers to write your last name or draw a design at the top of the corkboard.
2. Draw designs across the bottom of the corkboard, if desired.
3. Glue flat ribbon around the edge to create a decorative frame, if desired.
4. Ask an adult to help choose a central location to hang the message board.

IDEAS FOR USE



- Leave messages in one central location.
- Clip coupons and tack them to the message board.
- Make a family schedule and tack it to the message board.



Project & Activity

Card 29

Supplies

-  poster board
-  art supplies

Preserving the Environment

In order to preserve the earth and its resources for future generations, each one of us must help take care of it. Avoiding littering, practicing energy conservation, and recycling are all ways to protect the environment.

DIRECTIONS

1. Compile a list of environmental problems. Choose one problem about which you feel strongly.
2. Write a paragraph expressing your feelings about the environmental problem you selected. Explain why it is important to you.
3. Make a list of actions that someone might take to help solve the problem, such as placing marked recycling containers near trash cans. Think of imaginative ideas that will persuade people to protect the environment.
4. On a sheet of poster board, write the heading: *Preserve Our Environment*. Under the heading, arrange your paragraph, your list of actions, and a drawing that will attract people's attention to the problem.
5. Obtain permission to display your poster at school.

Project & Activity

Card 30

Supplies

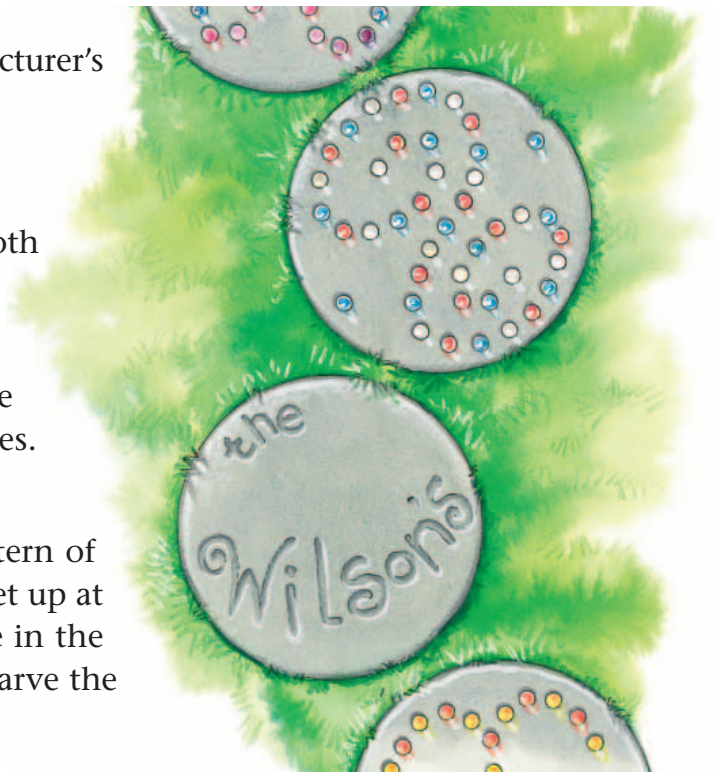
- ✎ quick concrete mix or stepping stone concrete mix
- ✎ stepping stone molds or another plastic mold such as a planter saucer
- ✎ flat marbles
- ✎ plastic tablecloth
- ✎ large container for mixing concrete

Garden Stepping Stones

Pretty garden stones can be the focal point of your garden path.

DIRECTIONS

1. Mix the concrete according to the manufacturer's directions.
2. Place a plastic tablecloth on a flat surface.
3. Place the mold in the center of the tablecloth and fill it with concrete. Make sure it is at least 2 in. (5 cm) deep.
4. Cover the mold with wax paper. Press the surface lightly to smooth out any air holes. Remove the wax paper.
5. Place the flat marbles on the top in a pattern of your choice. *Note:* If you let the concrete set up at least 30 minutes you can write your name in the cement. Use the end of a blunt pencil to carve the letters.
6. Let the concrete set for several days until completely dry.
7. Remove the stone from the mold and place it in your garden.



Project & Activity

Card 31





Show Your Style

Everybody has a personal style. What do you like to wear to express your personality? Create a poster showing different outfits that represent your style. Compare it with what's in your closet and see how closely they match.

DIRECTIONS

1. Use a marker to divide a piece of poster board into three sections.
2. Label the sections "school," "dress-up," and "weekends."
3. Use magazines to find examples of clothing styles that you like. Cut them out and place them in each category.
4. Glue the examples under the proper section.
5. Below each example, explain why you chose that garment.

Supplies

-  poster board
-  marker
-  magazines
-  glue



Project & Activity

Card 32

Supplies

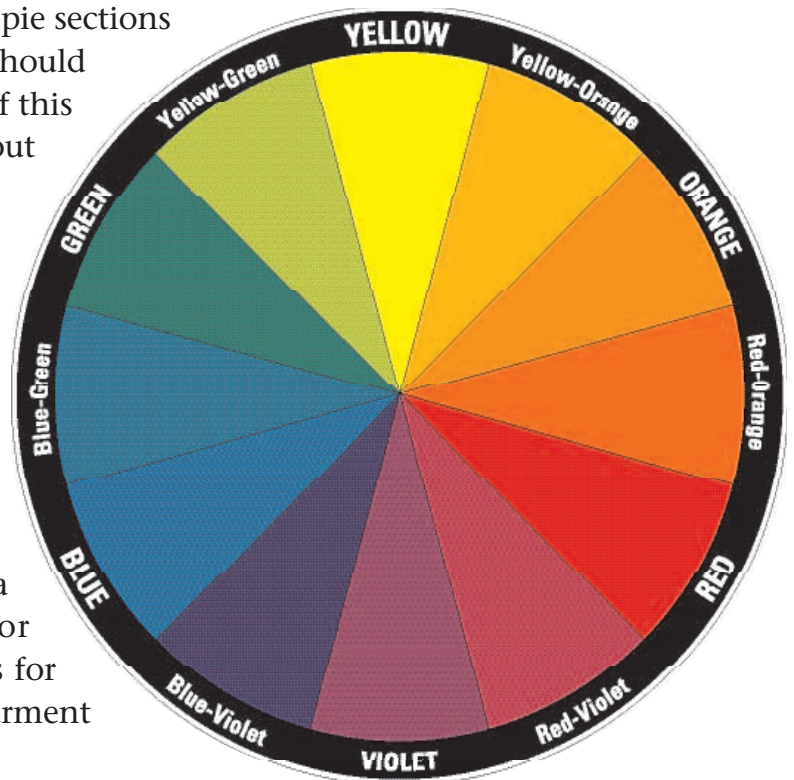
- ✎ a piece of heavy, white poster board
- ✎ compass
- ✎ ruler
- ✎ protractor
- ✎ scissors
- ✎ a sheet of black construction paper
- ✎ acrylic paints
- ✎ paper fastener

A Color Wheel

Complementary colors are opposites on a color wheel. They can be used together to decorate a room or coordinate a special outfit.

DIRECTIONS

1. Use a compass to draw a circle on the poster board.
2. Use a protractor and a ruler to divide the circle into 12 equal pie sections.
3. Color in the sections of the wheel according to the pattern shown below.
4. Draw another circle the same size as the first one on black construction paper. With the ruler, draw a line straight through the middle of the circle. Use the protractor to make two pie sections opposite each other, as shown. Each one should be 30 degrees wide. Cut out the sections of this overlay shape, leaving a circle of black about 1 in. (2.5 cm) in diameter in the center.
5. Push the fastener through the center of the black circle and then through the center of the color wheel to attach the two together. The black overlay should be on top. As you turn the overlay, one set of complementary colors—such as blue and orange—will show through at a time.
6. Using complementary colors, write a decorating scheme for a living room or describe a special outfit. Decide on colors for rugs, curtains, furniture covers, *or* each garment piece and accessory.



Project & Activity Card 33

Fashion Report

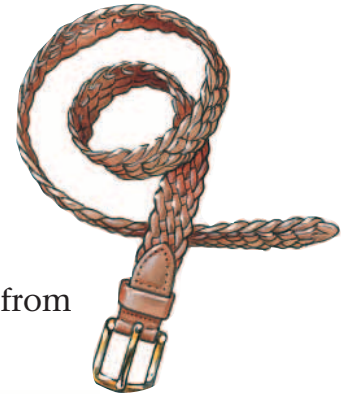
What are the latest trends in fashion? Which colors are “hot” this season? Prepare a fashion report that tells about the latest clothing styles.

Supplies

- ✂ scissors
- ✏ glue
- 📖 magazines

DIRECTIONS

1. Write a fashion report on the latest clothing styles. Your report should include:
 - popular styles
 - popular colors
 - popular accessories
2. Include information on why the styles are popular. For example, a popular celebrity might start a trend such as western wear. Or the popularity of the color green might be inspired by earth-friendly activities going on in your community.
3. Illustrate your report by cutting out examples of the latest styles from magazines.



Project & Activity

Card 34

Supplies

- ✎ samples of linen, wool, cotton, and silk fabric
- ✎ bowl of water

Comparing Natural Fibers

Fabrics made of natural fibers absorb perspiration and generally feel cooler than fabrics made of synthetic fibers. Compare four natural fibers to discover the differences.

DIRECTIONS

1. Examine the four different natural fiber samples and describe how each one feels.
2. Measure the size of each sample and record it.
3. Wet each sample and record the time. Lay the sample on a flat surface.
4. Record how each sample reacts to moisture.
5. Record how long it takes each sample to dry.
6. After the samples are completely dry, measure each one to see if it shrunk. Record the measurements.
7. Explain why you would or would not consider dry-cleaning each natural fiber.

Project & Activity

Card 35

Fabrics and Their Uses

Each type of fabric bears its own characteristics. These characteristics determine how the fabric is used. For example, in cold climates, flannel is a popular fabric because it provides warmth. Likewise, wet weather calls for gear made with such water-resistant fabrics as nylon.

Supplies

- ✂ poster board
- ✎ markers
- ✂ fabric swatches
- ✂ scissors
- ✂ glue

DIRECTIONS

1. Create a five-column chart on poster board. Label the columns as shown.

Fabric	Source	Qualities	Texture	Possible Uses

2. Count the number of fabric swatches you've been given. Draw that number of rows on the chart.
3. Cut each fabric swatch into a 2-in. (5-cm) square.
4. Glue the swatches in the left of the column of each row.
5. Label each swatch.
6. Examine each fabric, and fill in the chart based on what you can tell about the fabric and what you know about it. If necessary, research the fabric for more fabric facts to complete the chart.

Project & Activity Card 36

Supplies

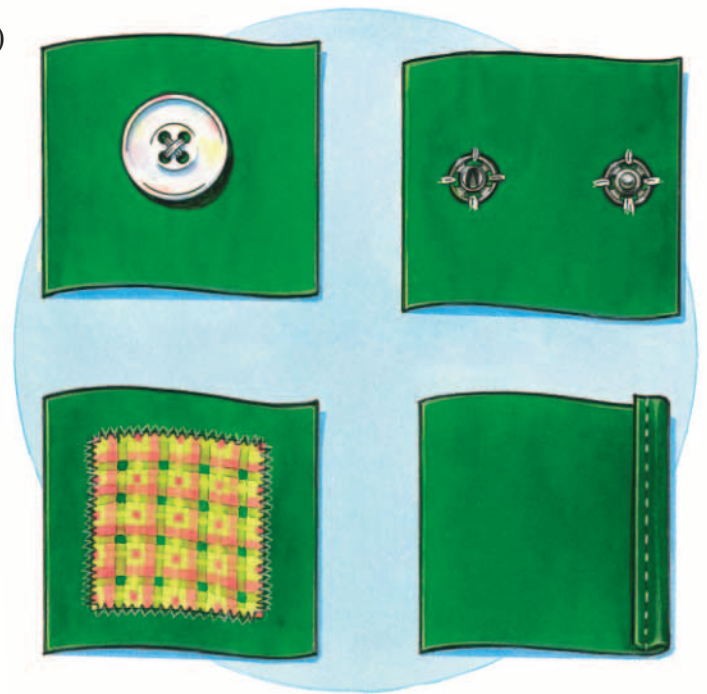
- ✂ scissors
- ✂ dark-colored felt
- 🪡 needle
- 🧵 thread
- 🔘 button
- 🔘 snap
- 👔 patch
- 📌 straight pins

Stitching Techniques

Using the proper sewing techniques can make the difference in how your clothing looks and fits.

DIRECTIONS

1. Cut four pieces of felt into 4-in. (10-cm) squares.
2. Use the felt squares to demonstrate each of the following techniques:
 - sewing on a button
 - sewing on a snap
 - sewing on a patch
 - stitching a hem
3. Begin by threading a needle and sewing a button onto the middle of one felt square. Make sure that the button is stitched on securely and correctly.
4. Sew a snap onto the next felt square. Make sure the snap works when you are done.
5. Stitch a patch onto the middle of another felt square.
6. To stitch a hem, fold one side of the last felt square over $\frac{1}{2}$ in. (1.3 cm). You may wish to pin the fold in place. Then stitch along the hemline to hold the fabric securely.
7. Arrange the four felt samples in a booklet.



Project & Activity Card 37 & 38

Supplies

- 1 ½ yards (1.425 m) of ¼-in. (6-mm) flat ribbon
- 1 yard of 1-in. (2.5-cm) flat ribbon
- thread to match ribbon
- clear tape

Ribbon Bookmark

You'll never lose your page when you use a special woven bookmark to hold its place. Make several for your friends and family, or make them in your school colors to sell as a fundraiser.

DIRECTIONS

1. Cut the ¼-in. (6-mm) ribbon into six 9-in. (23-cm) lengths.
2. Place the six ¼-in. (6-mm) ribbon strips side-by-side, matching long edges. Place a piece of clear tape at the top to hold them in place. **See Fig. 1.**
3. Cut the 1-in. (2.5-cm) ribbon into 2-in. (5-cm) lengths.
4. Begin weaving the 1-in. (2.5-cm) ribbon strips in between the ¼-in. (6-mm) ribbon strips. **See Fig. 2.**

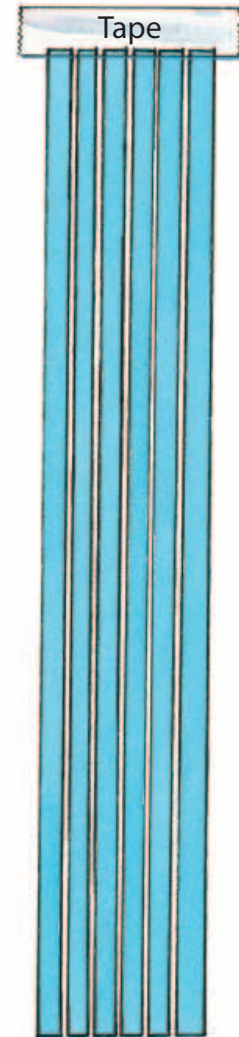


Fig. 1

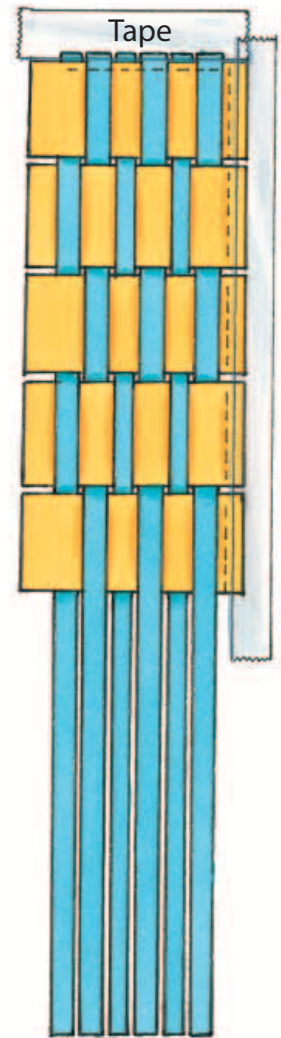


Fig. 2

(Continued on next page)

5. Tape the edges to hold them in place. Stitch around the perimeter to secure the ribbons. **See Fig. 3.**
6. Trim the raw edges.
7. Turn under all the edges $\frac{1}{4}$ in. (6 mm) and stitch in place. Insert in book. **See Fig. 4.**

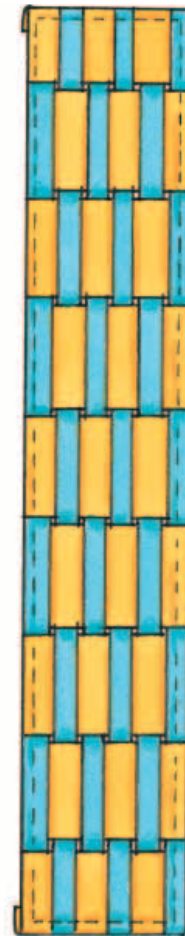


Fig. 3

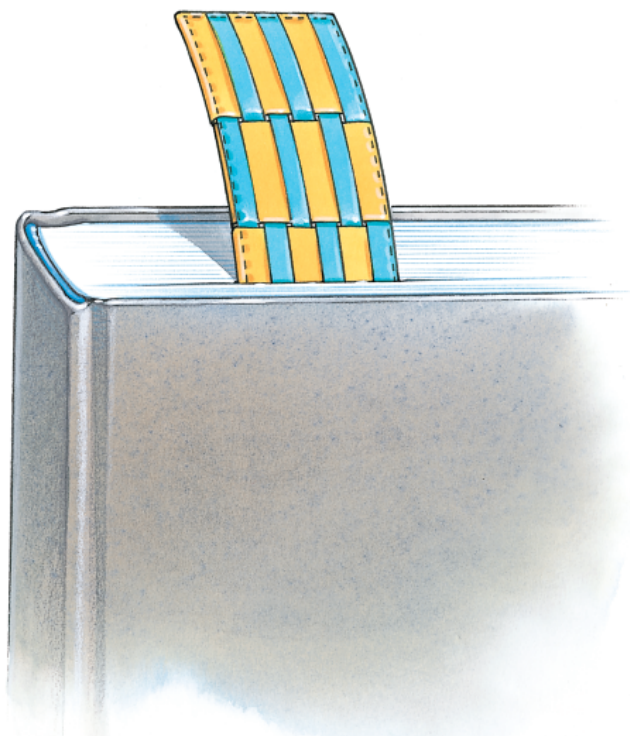
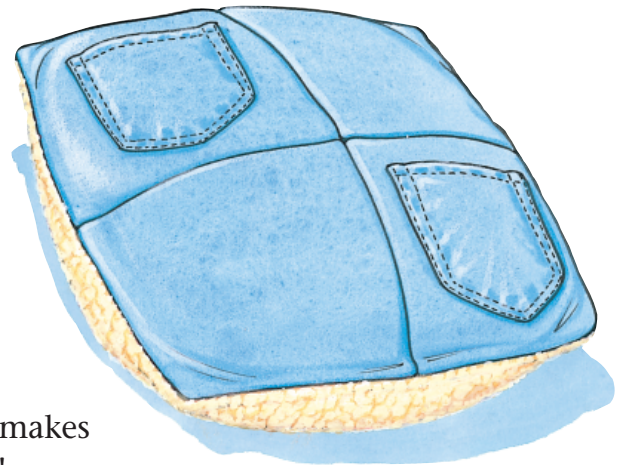


Fig. 4

Project & Activity Card 39 & 40

Recycling Denim Jeans

Convert an old pair of jeans into a casual toss pillow. It makes a great accessory for your room or a fun gift for a friend!



DIRECTIONS

1. Cut out two 9-in. (23-cm) squares from the legs of the jeans.
2. Cut out two 9-in. (23-cm) squares that include the back pockets of the jeans.
3. Pin the right side of each plain square to the right side of each pocket square.
4. Stitch a $\frac{1}{2}$ -in. (1.3-cm) seam along the left side of each pair. Press open the seam. Both pieces should look like **Fig. 1**.

Supplies

- ✂ pair of denim jeans
- ✂ $\frac{1}{2}$ yard (.50 m) of fleece
- ✂ thread to match fabric
- ✂ jeans needle
- ✂ straight pins
- ✂ 16-in. (40-cm) pillow form

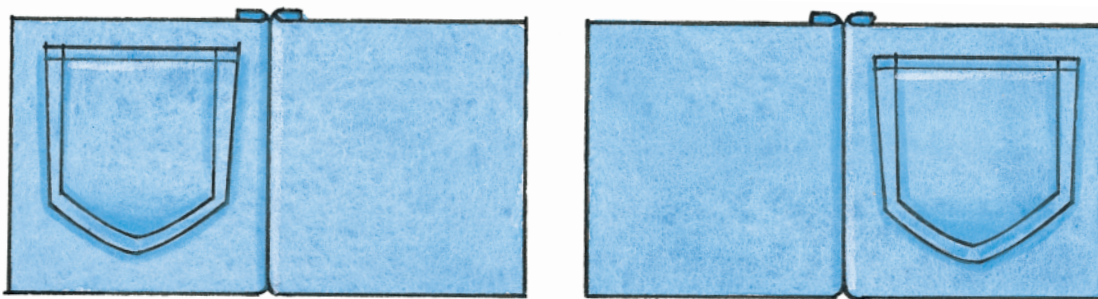


Fig. 1

(Continued on next page)

5. Pin the right sides of the two rectangles together.
6. Stitch a $\frac{1}{2}$ -in. (1.3-cm) seam along one long side. Press open the seam. Your piece should look like **Fig. 2**.
7. Cut one 18-in. (46-cm) square of fleece.
8. Pin the right side of the fleece square to the right side of the jeans square.
9. Stitch a $\frac{1}{2}$ -in. (1.3-cm) seam around three sides. Stitch halfway along the fourth side. Backstitch.
10. Press the seams open.
11. Turn the pillow cover inside out. See **Fig. 3**.
12. Insert the pillow form inside the pillow cover.
13. Handstitch the opening closed.

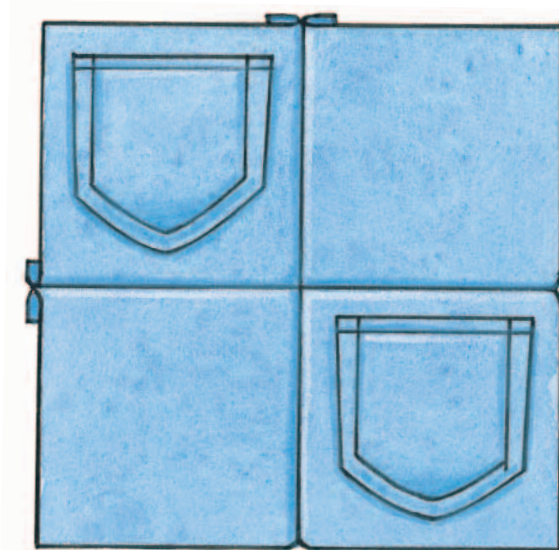


Fig. 2

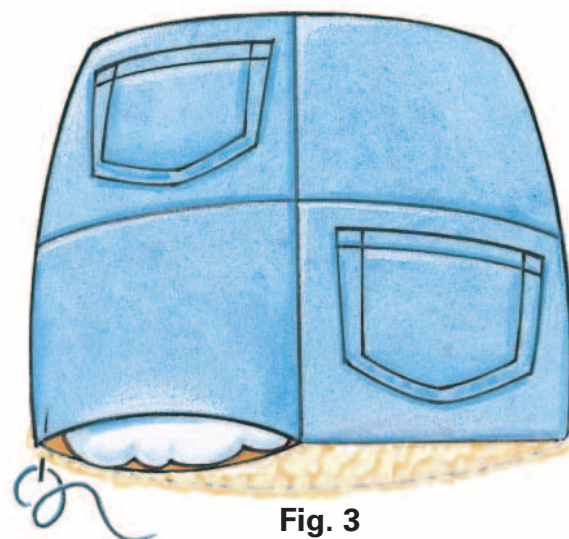


Fig. 3

Project & Activity Card 41

Fruity Yogurt Smoothie

A fruity yogurt smoothie is a cool, refreshing drink you can enjoy as a snack anytime. It's nutritious, too!

DIRECTIONS

1. Cut the bananas into chunks
2. Place all of the ingredients into a blender or food processor.
3. Process the ingredients until smooth.
4. Pour mixture into glasses.
5. Serve immediately.

NUTRITION INFORMATION

Per serving (approximate): 237 calories, 8 g protein, 53 g carbohydrate, 1 g fat, 2 mg cholesterol, 92 mg sodium

Good source of: potassium, magnesium, vitamin C, riboflavin, vitamin B₆, vitamin B₁₂, calcium, phosphorus

OTHER IDEAS

- Add more ice to make a thinner drink.
- Use 1–2 tsp. honey instead of the granulated sugar.
- Use ¼ tsp. nutmeg instead of ground cinnamon.

Supplies

- ✎ 1 cup plain, nonfat yogurt
- ✎ 1 cup fruit juice or nectar (apple, apricot, or pineapple)
- ✎ 2 bananas
- ✎ 1–2 tsp. granulated sugar
- ✎ ¼ tsp. ground cinnamon
- ✎ 2 or more ice cubes
- ✎ Blender or food processor

Project & Activity

Card 42

Supplies

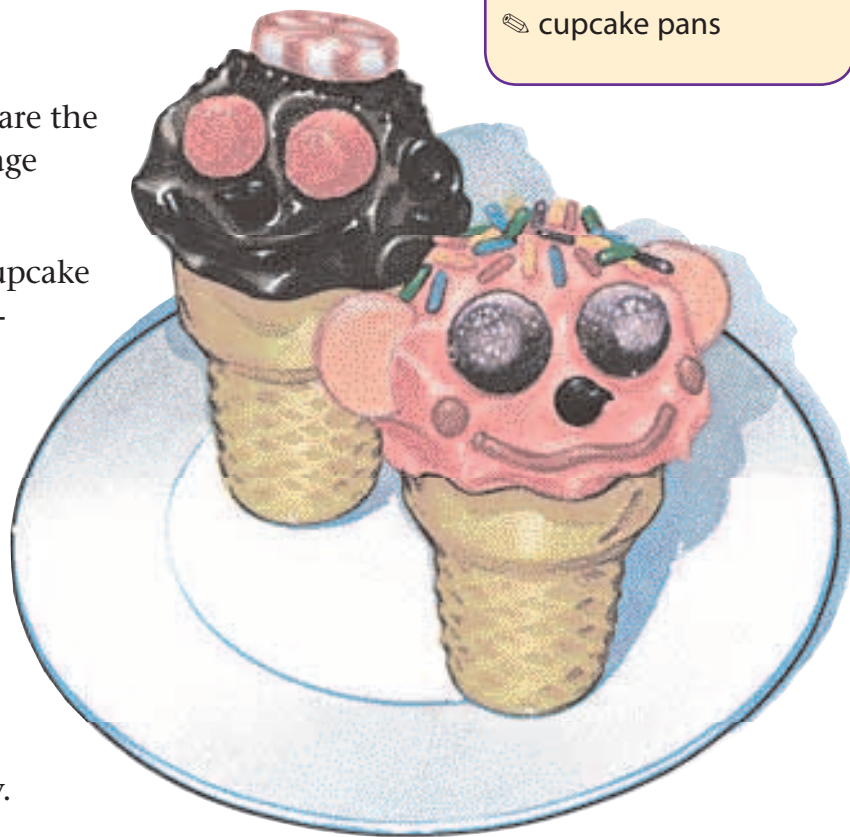
- ✎ cookbooks
- ✎ 1 box cake mix
- ✎ 24 flat-bottom ice cream cones
- ✎ 1 can frosting
- ✎ candy such as gumdrops, string licorice, and chocolate chips
- ✎ paper cupcake pan liners
- ✎ cupcake pans

Cone Heads

For some great family fun, make and decorate ice cream cone cake people to look like family members.

DIRECTIONS


1. Preheat oven to 350 degrees. Prepare the cake batter according to the package directions.
2. Place the cupcake papers in the cupcake pans. Fill each cupcake paper two-thirds full with the cake batter.
3. Place the ice cream cones upside down in the batter.
4. Bake cupcakes until golden brown. Let cool.
5. Remove the cupcake papers.
6. Frost the cupcake portion.
7. Decorate the cupcakes with candy.
8. Share with your family and friends for tasty snack.



a

Project & Activity Card 43

Supplies

 video camera and tape, or a digital video camera

Fitness Video

A fitness video that demonstrates different kinds of exercises may be just what you need to get motivated. Get your classmates involved in making a fitness video. You can have fun while doing something creative and useful.

DIRECTIONS

1. Work in groups to choose exercises that you can do indoors and outdoors.
2. Choose exercises for upper body, lower body, and the heart.
3. Write a description of the benefits of each exercise.
4. Arrange for other students to demonstrate the exercises.
5. Describe what is happening as you record the exercise demonstrations.
6. Share your video with your classmates.

Project & Activity Card 44

Supplies

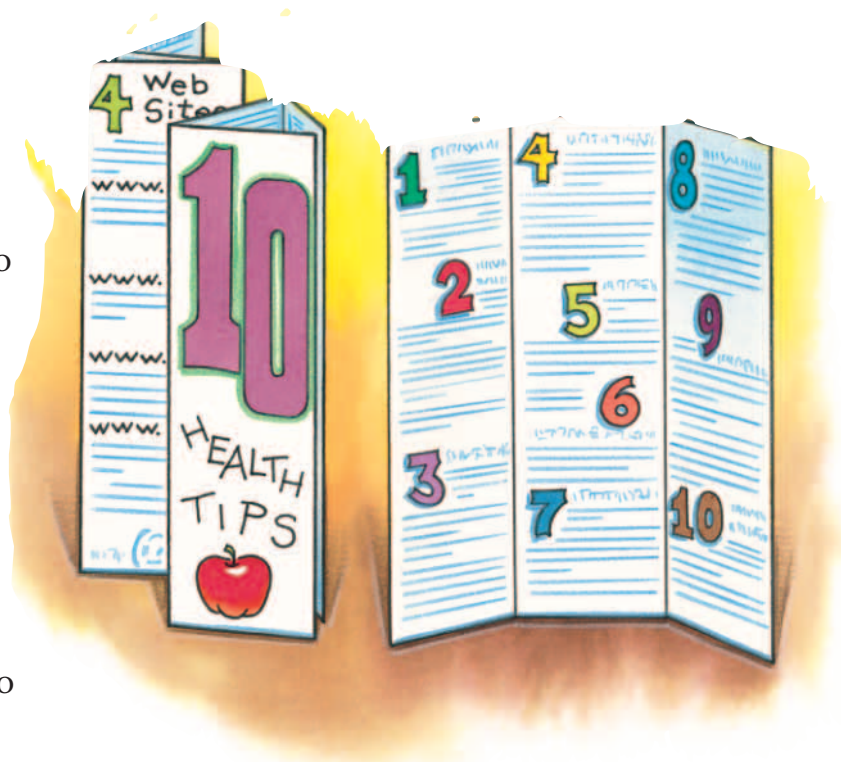
- art paper
- colored pencils, markers, or crayons

Health Tips Brochure

Informational health brochures are a good way to tell people about the latest health information. These brochures offer tips on such topics as how to avoid accidents or how to become physically fit.

DIRECTIONS

1. Make a list of 10 health tips. Your tips might include advice on healthful food choices, physical fitness, weight management, and so on.
2. Fold a sheet of art paper into thirds to form a brochure.
3. Design an attractive cover to make people want to read your brochure.
4. On the inside, present your health tips clearly so that readers will understand and benefit from the information.
5. On the back of the brochure, list at least four Web sites people could visit to learn more about good health.
6. Share your finished brochure with your classmates. Discuss the tips. Consider asking for permission to post the brochures in the school library so other students can benefit.



Project & Activity

Card 45

Critic's Corner

Food experts and restaurant reviewers write articles or regular columns for newspapers and magazines. They tell readers what is great about a restaurant, and what might be improved. Read this sample and follow the directions below.

DIRECTIONS

1. Think of a dish that you have eaten recently in a restaurant, at home, or in the school cafeteria. Choose a dish that you particularly liked or one that you feel could have been improved.
2. Write down everything that you liked or disliked about the dish. Be specific. Was it colorful, or did it lack color? Was the texture appealing? Was the flavor good, or bland? Think of ingredients to add to make the dish taste better or to give it more eye appeal.
3. Based on your notes, draft a Critic's Corner article of your own.
4. Choose a partner and exchange articles. Suggest ways to make each other's article stronger.
5. Make a final copy of your article to share in class. As a class, discuss creative ways to improve recipes.

Project & Activity Card 46

Kitchen Safety Poster

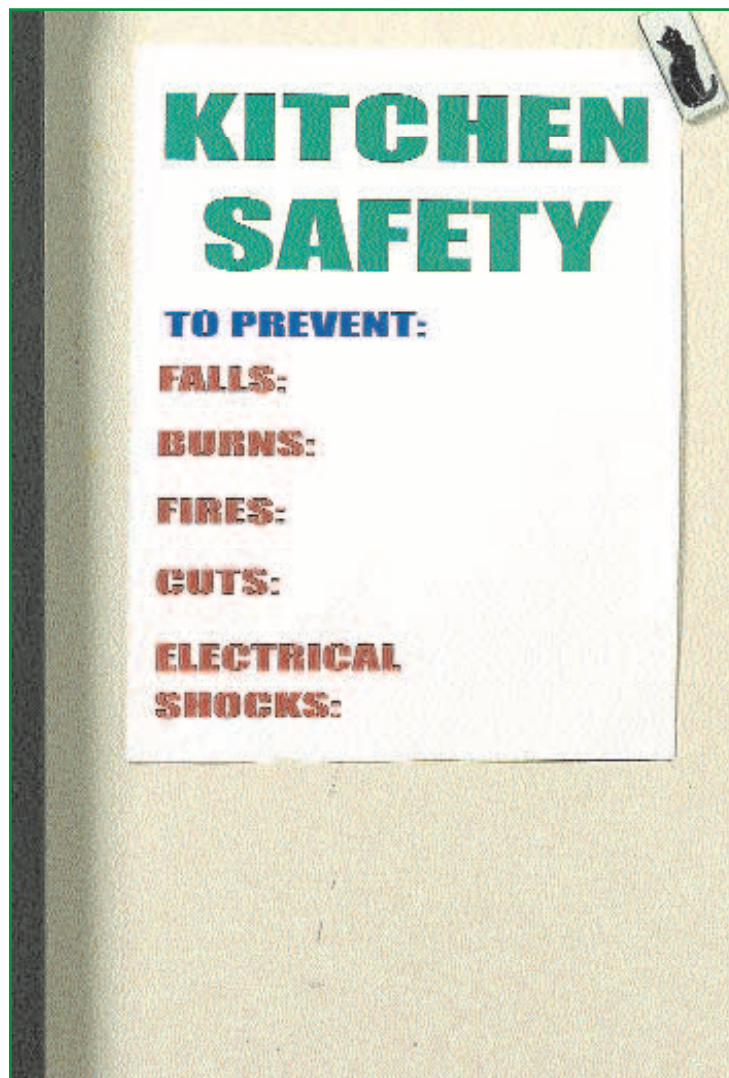
A kitchen safety poster can act as a constant reminder of how to prevent kitchen accidents.

DIRECTIONS

1. Refer to the information in your textbook on how to prevent accidents in the kitchen.
2. Make up a slogan for preventing:
 - falls
 - burns
 - fires
 - cuts
 - electrical shocks
3. Write the slogans on the poster board, and draw a small cartoon to go along with the slogans.
4. Share your poster with your classmates.
5. Cut and glue strips of magnetic tape to the back of your poster and place it on your refrigerator at home.

Supplies

- ✎ 8½" x 11" (22 cm x 28 cm) poster board
- ✎ markers or crayons
- ✎ magnetic tape strips
- ✎ glue



Project & Activity Card 47

Supplies

- 📎 supermarket
- 📎 newspaper ads
- 📎 cookbooks

Shopping for the Best Buys

Smart shoppers plan their weekly menus according to the sales, specials, and seasonal produce available at local supermarkets.


DIRECTIONS

1. Read a supermarket newspaper ad. Pay special attention to the sales and weekly specials. Look for foods from all the food groups. Notice which seasonal fresh fruits and vegetables are available.
2. Based on the best buys announced in the ads, plan a week of nutritious meals for your family. Use as many advertised specials and seasonal foods as possible to stretch your food budget and enjoy the freshest produce.
3. Create a chart showing the meals for each day. Look in cookbooks to find recipes, if needed.
4. On a separate sheet of paper, make a shopping list based on your meal plans. List all the supplies needed in order to make the week's meals. *Tips:* To get the most for your money, include foods that can be used to make more than one meal. For example, if you buy a bunch of bananas, you could serve sliced bananas with cereal at one breakfast. Then you could use the remaining bananas in lunches to be taken to work or school. Also, try to plan meals that provide leftovers to use in other meals.
5. Compare your meal plans and shopping lists with those of your classmates. Share your shopping tips and remember to use them when planning your food purchases.

Project & Activity

Card 48

Supplies

 a variety of cookbooks

What's to Eat?

You can find interesting new ways to serve some of your own favorite foods by searching through cookbooks.

Ingredients			
1. apples	2. bread	3. carrots	4. cheese
5. chicken	6. dried beans	7. grapes	8. green beans
9. ground beef	10. ice cream	11. milk	12. oatmeal
13. oranges	14. pasta	15. potatoes	16. rice
17. strawberries	18. tomatoes	19. tuna fish	20. yogurt

DIRECTIONS

1. Read the ingredients listed on this card. Select 10 foods from the list that you enjoy eating.
2. Consult as many different cookbooks as you can. Choose two different recipes that use each ingredient you selected. Copy the recipes onto separate sheets of paper. At the end of each recipe, identify the cookbook from which you copied the recipe.
3. Create a meal plan using the recipes you found. Plan a menu for lunch or dinner using ideas and recipes from as many food groups as possible.
4. Take the recipes home so you can prepare a nutritious lunch or dinner for your family or friends.

Project & Activity

Card 49

Layered Dip

A layered dip is a great companion with baked tortilla wedges. Try this one!

DIRECTIONS

1. Cut the tortillas into small triangles.
2. Spray a baking sheet with cooking spray.
3. Place the tortilla wedges on the baking sheet.
4. Bake at 300°F (149°C) until firm and slightly brown.
5. Spread the sour cream evenly across the bottom of a 9-in. (22.5-cm) baking dish.
6. Spread the refried beans on top of the sour cream.
7. Pour the salsa on top of the beans.
8. Sprinkle cheese over the top.
9. Use the warm tortilla triangles to scoop the cold dip.

OTHER IDEAS

- Sprinkle tortillas lightly with taco seasoning before baking.
- Add a layer of chopped lettuce, tomato, and onion.
- Serve with purchased tortilla chips to save time.

Supplies

- ✎ 1 package of corn or flour tortillas
- ✎ 8 oz. (224 g) of sour cream
- ✎ 15-oz. (0.42-kg) can of refried beans
- ✎ 16-oz. (0.45-kg) jar of salsa
- ✎ 8 oz. (224 g) of shredded cheddar cheese
- ✎ cooking spray
- ✎ baking sheet
- ✎ 9-in. (22.5-cm) baking dish

Project & Activity

Card 50

Sweet Popcorn

Sweet popcorn is a real treat and takes half the time when you make it in a microwave oven. Munch right out of the bowl, or form the popped corn into balls!

DIRECTIONS

1. Pop the corn in the microwave oven.
2. Remove the unpopped kernels and set aside.
3. In a large bowl, combine syrup, sugar, and water.
4. Microwave for 3 minutes.
5. Add the cream of tartar, butter, and baking soda. Stir well.
6. Microwave for 1½ minutes.
7. Pour the hot mixture over the popcorn and toss.
8. Spread out the sweet popcorn on wax paper to cool.
Option: Let cool for a few minutes then form into balls and place on wax paper to store.

FUN ADD-INS

- Dried cranberries or apricot chips
- Peanuts, cashews, or almonds
- Chocolate chips (freeze the chips first)

Supplies

- 📄 3 bags microwave popcorn (natural)
- 📄 ½ c. (75 mL) corn syrup
- 📄 1 c. (250 mL) sugar
- 📄 ½ c. (75 mL) boiling water
- 📄 1 t. (5 mL) cream of tartar
- 📄 1 T. (15 mL) butter
- 📄 ½ t. (0.5 mL) baking soda
- 📄 wax paper
- 📄 large microwave-safe bowl

