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| Quarter One | Quarter Two |
| Baby Sitting (12 class days approx)   * Diapering * Feeding * Safety * Bed Time * Activities * Preparing for the Job * Help Wanted Ad   Grooming (10 class days approx)   * Healthy Eating * Importance of Sleep * Importance of Exercise * Day Spa * Dangers of Soda * Sun Care   CA: Grooming Pre and Post Tests | Intro: My Plate   * Choose My Plate * Kitchen Safety * Healthy B’fast lab * Healthy Lunch lab * Healthy Dinner lab * Healthy Snack lab * Dessert lab * Table Setting/Manners * Cook at home project   Sewing   * Locker Caddy   CA: Parts of the Plate |

Life Skills Pacing Guide- 6 Exploratory Life Skills