

## 7TH and 8TH GRADE

Choose 3 items from the board below to learn and do this week.

<p>Choose a friend and CALL and talk to them instead of using social media or texting. Do not text them before you call!</p>	<p>Learn how to sew on a button. Watch <a href="#">sew button tutorial</a> here.</p>	<p>Ask to see a bill from your parents. Learn how to find the amount, due date, and learn what happens if you are late with payment.</p>
<p>Find a <del>cookbook</del> or look at some <a href="#">easy recipes</a>. Plan the meal, make a list of grocery store items you need, and cook the meal for your family.</p>	<p>Clean the bathrooms, including scrubbing the tub/shower, wiping down countertops, and cleaning the toilet.</p>	<p>Sort laundry. Learn how to measure detergent. Wash, dry, fold, and put away at least 2 loads.</p>
<p>Learn <a href="#">how to set a table</a> properly and set the table for each family meal this week.</p>	<p>Think about 2 people you know (or have heard) that are going through a hard time. Find a way to contact them to check on them and let them know you're thinking about them.</p>	<p>Take the sheets off your bed and your younger siblings' beds. Wash and dry the sheets and remake the beds. If you have younger siblings teach them how to put sheets on a bed.</p>

## LIFE SKILLS CHALLENGE

MAY 4th - 8th