

Life Skills Resources for YouthBuild Programs
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Websites

Casey Life Skills

<http://www.caseylifeskills.org/index.htm>

- ✓ Life skills assessment in the following areas (Youth 4 version):
 - Career Planning
 - Daily Living
 - Housing and Money Management
 - Self-Care
 - Social Relationships
 - Work Life
 - Career Planning
- ✓ Extensive listing of life skills resources for young adults

Peace Corps Life Skills Manual

http://www.peacecorps.gov/library/pdf/M0063_lifeskillscomplete.pdf

- ✓ Detailed life skills lesson plans and facilitator's guide
- ✓ Chapter Topics:
 - STDs, HIV/AIDS
 - Communication Skills
 - Decision Making Skills
 - Relationship Skills

Life Skills Video Curriculum (can watch a preview video from Website)

<http://www.worldviewpub.com/>

Tough Choices goes **beyond Anger Management** by offering activities, worksheets and videos for dealing with negative thoughts and experiences before teaching anger & emotional management skills. Features "Headliner", co-founder of the rap group Arrested Development, and includes interviews with people who have met life's tough choices. **Video Lessons**, relaxation CD and **120 activities** in the program help your students clean out the causes of anger, build self esteem & then practice anger and life management skills.
Target audience: Ages 10 - Adult.

Money Instructor.com

<http://www.moneyinstructor.com/?r=g6>

- ✓ Lessons and worksheets on money management
- ✓ Topics include:
 - Counting Money
 - Basic Money Skills
 - Saving and Investing Money
 - Earning and Spending Money
 - Checking Accounts and Checkbooks