

7th Grade Home/Careers Curriculum

- Introduction/Ice-Breakers/Get to Know You:
 - ◆ My Life In Apps

- Sewing Safety:
 - ◆ Slides
 - ◆ Quiz

- Sewing:
 - ◆ Sewing Sampler - practice:
 - ◆ Threading a needle, tying a knot in the thread, basting stitch, running stitch, split stitch
 - ◆ Sewing Machine parts and safety
 - ◆ Pillow Project (takes at least a month, if not more with the cohort schedule)

- Foods:
 - ◆ Kitchen Safety
 - ◆ Reading a Recipe
 - ◆ Favorite Family Tradition Recipe Slide Presentation

- Communication:
 - ◆ Passive, Aggressive, Assertive
 - ◆ Active Listening Skills

- Stress:
 - ◆ Definitions: Stressor, Eustress, Distress
 - ◆ Top 10 stressors in your life
 - ◆ Healthy Ways to Manage Stress

- Goals:
 - ◆ Vision Board