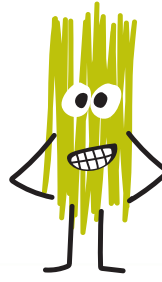
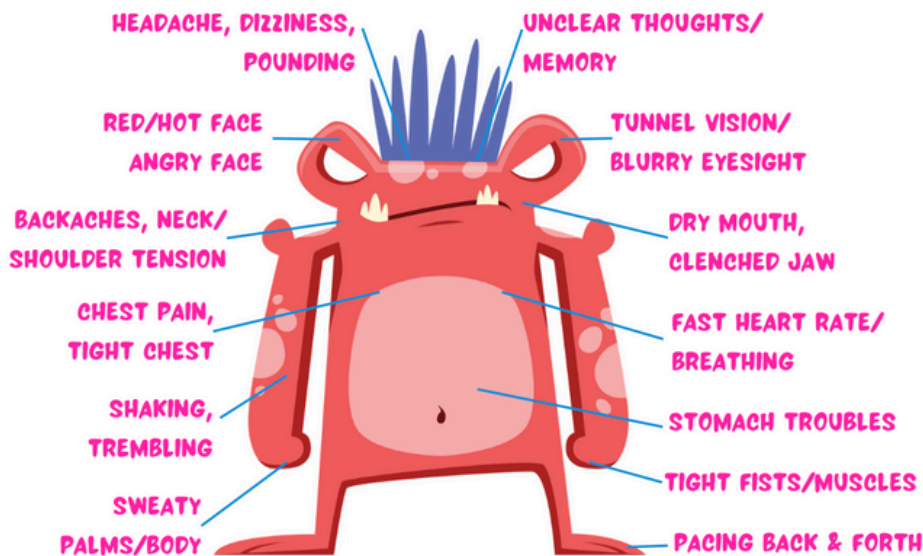


L A I R P

Life Skills & Self Care



Life skills and self-care are important tools that help middle schoolers become more independent, confident, and ready to handle everyday challenges. Life skills include things like managing your time, making good decisions, solving problems, and working well with others. These skills help you stay organized, focused, and responsible both in school and at home.



Self-care means taking care of your body, mind, and emotions. It includes getting enough sleep, eating healthy foods, exercising, and finding healthy ways to handle stress—like talking to someone you trust, journaling, or taking a break when you need one. Self-care also means knowing your limits, setting boundaries, and asking for help when things feel overwhelming.

By practicing life skills and self-care, you're building habits that keep you strong, balanced, and ready for whatever life brings your way. In these units, you will learn strategies that will help you now and in the future.

This approach is particularly effective in creating environments where individuals feel seen, heard, and valued —laying the groundwork for healthy interactions, strong relationships, and thriving communities.