

Life Skills (Children Ages 5-9)



Welcome to Life Skills! This section of life skills is catered to children between the ages of 5 years old to 9 years old. I broke Life Skills down into three life stages because I felt that there is so many life skills that children need to learn and they should be age appropriate. Every week there will be a pre-recorded video to watch and a general handout on the information that we will cover that week followed by optional worksheets, and possible other optional activities. Also, there will be a live zoom class every **Thursday at 11:00 AM** were I will go over the information for that week and any additional information/activity. If at any point you should have any questions and/or concerns, please don't hesitate to email me at: wholefoodslifestyles@gmail.com I look forward to meeting your child in our live zoom classes!