



4/5/6 PRACTICAL LIFE GUIDELINES



Theme	Activity Choices Please circle the activity that you selected	Reflection and Oral Presentation Due Date
<h1>Care for Self</h1>	<ul style="list-style-type: none"> • Learn how to sew on a button, fix a hole in a sock or other basic mending skills (include a photo or actual item sewn). • Create a list, grocery shop, and prepare a meal for your family (include list, meal plan and photo(s)). • Keep a food and exercise log for at least one week (attach a copy). • Keep a self-reflection journal for at least one week (reflecting daily on behavior and attitude). Reflections should be at least a paragraph each day (attach a copy). • Plan, shop for, and prepare your daily school lunch for at least one week (include shopping list, meal plan and photo(s)). • Design, organize, and illustrate (include measurements) your study area at home (included illustration and/or photos). • Obtain a Public Library Card. Check out at least one book and record what you've read for at least one week (attach a copy of card). • Sort and do laundry at least two times. Fold and/or hang all clothes. Pick a minimum of three pieces of clothing and iron them (attach photos). 	<h1>10/7/22</h1>

Be sure to keep evidence along the way! (See Rubric)

Name: _____

Date: _____

Practical Life Homework Reflection

(Be sure to attach any illustrations, lists, etc... required)

What activity did you choose and why? (____/4)

Describe the steps you took to complete this activity: (____/8)

Student Reflection (at least one paragraph) - What did you learn? Have you done this before? Will you continue to do this? What would you change? Please give details (the more the better). If you need more space, please attach lined paper or computer printout. (____/8)

(Continued on the back)

Student Name: _____

Practical Life Oral Presentation Rubric

1. Student presented tangible evidence that clearly displayed completion of the activity.

4 3 2 1 0

2. It is evident that a lot of thought and effort went into the assignment.

4 3 2 1 0

3. Oral presentation flowed smoothly without pauses and 'ums'.

4 3 2 1 0

4. Student kept eye contact with the audience.

4 3 2 1 0

5. Volume was appropriate for the audience.

4 3 2 1 0

6. Student kept his/her weight on two feet during presentation without slouching, leaning or distracting gestures.

4 3 2 1 0

7. Student was respectful during peers' presentations.

4 3 2 1 0

8. Student completed their presentation between 1:45 and 2:15 minutes.

2 = yes 1 = no

Parent Signature _____

Written Reflection ____/20 + Oral presentation ____/30 = ____/50 = ____ %