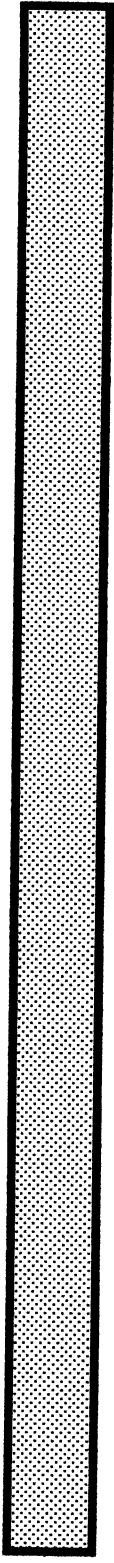
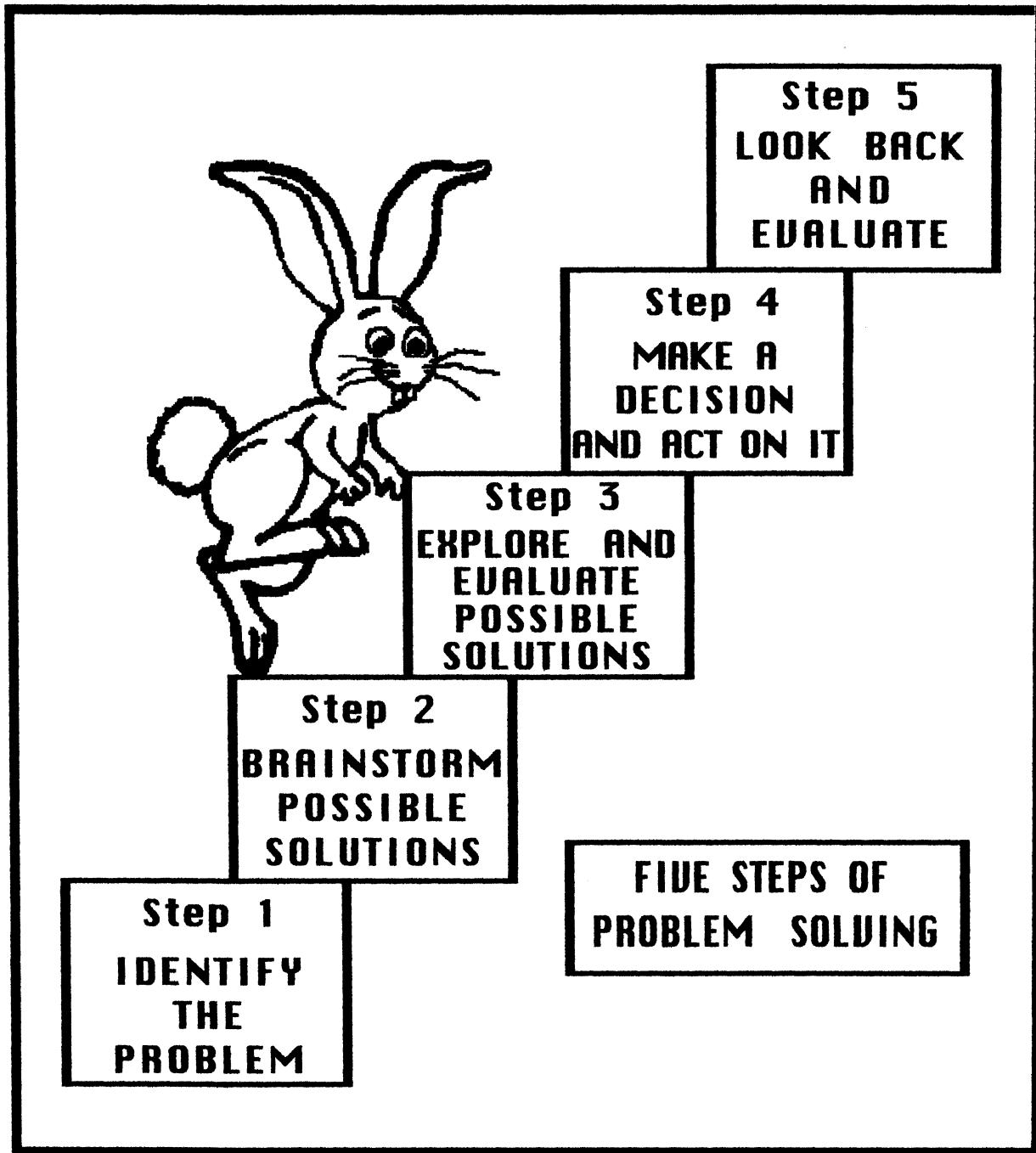


**INDEPENDENCE**  
**READINESS TO TAKE ON**  
**MORE RESPONSIBILITIES**  
**ALONG WITH MORE FREEDOMS**





**FIVE STEPS OF PROBLEM SOLVING  
BULLETIN BOARD DIAGRAM**





# **FIVE STEPS OF PROBLEM SOLVING**



**Step 1**  
**IDENTIFY**  
**THE**  
**PROBLEM**



# Step 2

# BRAINSTORM

# POSSIBLE

# SOLUTIONS



**Step 3**

**EXPLORE AND  
EVALUATE  
POSSIBLE  
SOLUTIONS**



**Step 4**  
**MAKE A**  
**DECISION**  
**AND**  
**ACT ON IT**



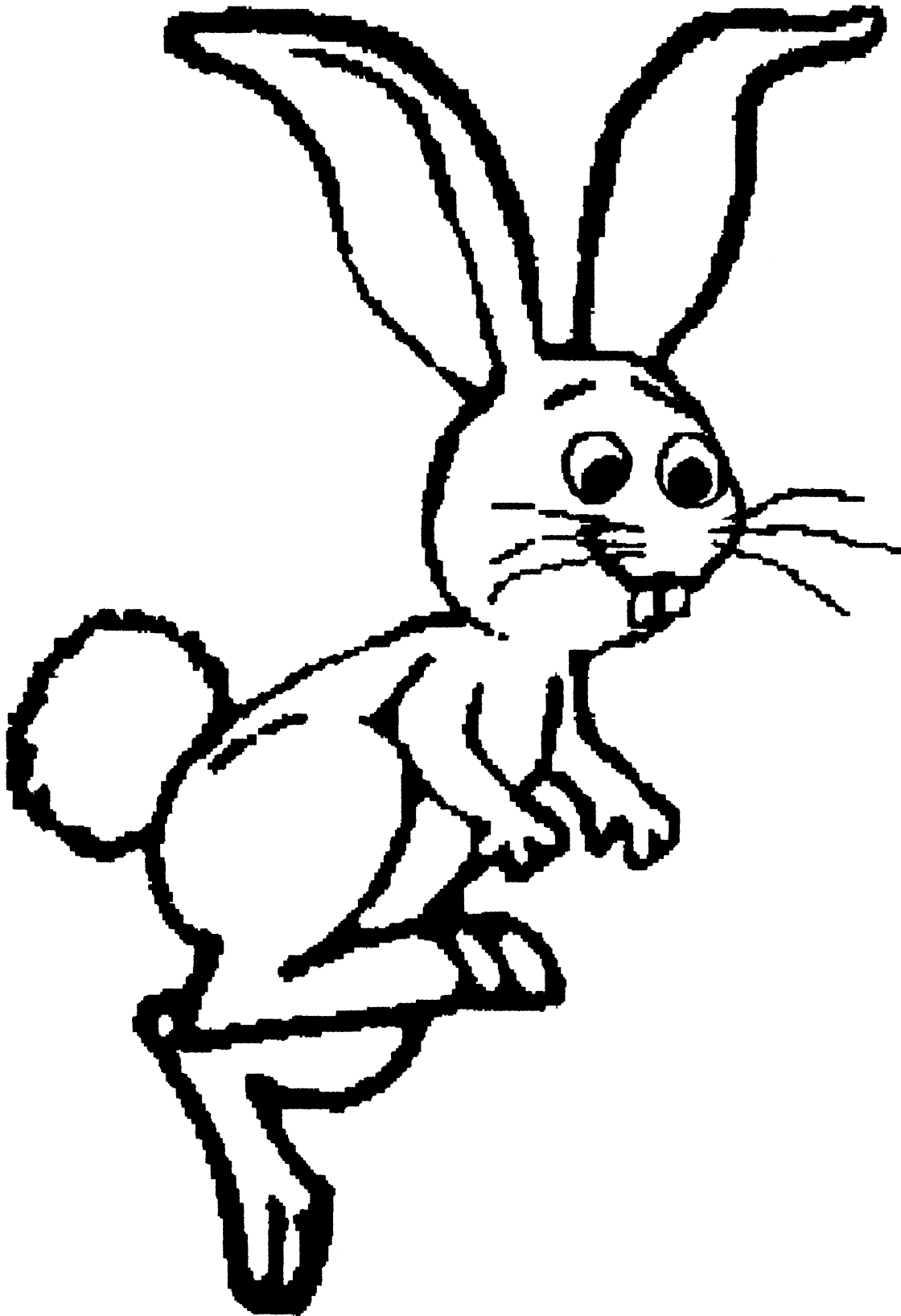
# Step 5

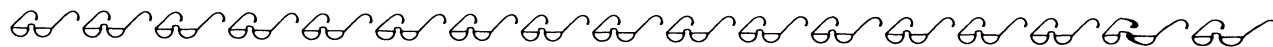
# LOOK BACK

# AND

# EVALUATE



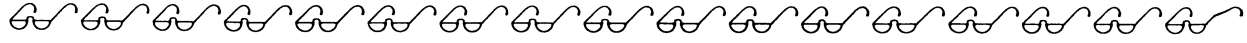




## INDEPENDENT BEHAVIORS

### TEACHER KEY

<u>POSITIVE ASPECTS</u>	<u>INDEPENDENT BEHAVIORS</u>	<u>NEGATIVE ASPECTS</u>
AVOID RISK OF GETTING INTO TROUBLE	BE ABLE TO SAY "NO"	COULD LOSE FRIENDSHIPS/ POPULARITY
ATTAIN SENSE OF ACHIEVEMENT; BUILDS SELF-ESTEEM	WORK FOR GOOD GRADES	CAN'T PLAY ANYTIME YOU'D LIKE
EXPANDS YOUR SKILLS; MIGHT BE SOMETHING YOU ENJOY	TRY NEW EXPERIENCES	FEEL FOOLISH; MIGHT NOT ENJOY THEM
INCREASE SELF-CONCEPT; BUILDS SELF-CONFIDENCE	PRACTICE MAKING DECISIONS	MIGHT MAKE THE WRONG CHOICE
INCREASES THINKING SKILLS; BUILDS SELF-CONFIDENCE	PRACTICE PROBLEM SOLVING	MIGHT GET CONFUSED HAVE TO TAKE ON RESPONSIBILITY FOR DECISIONS



## INDEPENDENT BEHAVIORS - PAGE 2

<u>POSITIVE ASPECTS</u>	<u>INDEPENDENT BEHAVIORS</u>	<u>NEGATIVE ASPECTS</u>
INCREASE CONFIDENCE IN HELPING OTHERS; IT'S FUN (REWARDING) TO HELP OTHERS	OFFER TO HELP SIBLINGS	THEY COULD GET HURT OR NOT WANT YOUR HELP
MAY GAIN PEERS RESPECT; FEEL GOOD ABOUT MYSELF	BE A GOOD EXAMPLE TO PEERS	RISK BEING CALLED GOODY-GOODY
BE RESTED FOR SCHOOL; KEEP HEALTHY	GO TO BED ON TIME	CAN'T STAY UP AND WATCH T.V.; MIGHT MISS FAVORITE PROGRAM
MIGHT MAKE NEW FRIENDS; BE A MORE INTERESTING PERSON	LEARN A NEW SKILL	HAVE TO PRACTICE WHEN YOU WOULD RATHER PLAY OR DO OTHER THINGS
BECOME MORE CAN RESPONSIBLE AND RELIABLE; CAN PRACTICE PROBLEM SOLVING; LEARN TO USE PROBLEM SOLVING; LEARN TO USE TIME CONSTRUCTIVELY	STAYING ALONE FOR LONGER PERIODS OF TIME	MAY BE SCARY; MAY HAVE FEARS; MAY NOT USE TIME CONSTRUCTIVELY



**"INDEPENDENT IDEAS" HANDBOOK  
POSSIBLE CONTENT**

TOPIC NUMBER	ACTIVITY NAME	PAGE NUMBER
1	FRONT COVER	1.31
1	"TABLE OF CONTENTS" FOR INDEPENDENT IDEAS HANDBOOK	1.45
1	TELEPHONE NUMBERS	1.32
1	EMERGENCY INFORMATION	1.33
1	DOS AND DON'TS OF MY HOUSE	1.35
1	SAFETY TIPS	1.36
1	MY "RESPONSIBILITIES" AT HOME	1.37
1	FOODS I CAN PREPARE MYSELF - See Recipe Pages (Topics #12 - #18)	1.38
1	THINGS TO DO WHEN THERE'S "NOTHING TO DO"	1.39-40
1	ON MY OWN	1.43
1	TEN IMPORTANT THINGS TO REMEMBER WHEN YOU'RE ALONE	1.44
2	THINK POSITIVE AND BRIGHTEN YOUR DAY	2.13
3	* POSITIVE STRESS REDUCERS	3.18
5	* SOCIAL SKILLS	5.12
5	* MY FRIENDSHIP MIRROR	5.18
5	* MY PERFECT PERSONALITY PIE	5.19
6	* WHAT IS A FAMILY	6.26
6	* THE "NO-LOSE/WIN-WIN" METHOD	6.63-64
6	* OUR FAMILY TRADITION	6.72
6	* CELEBRATIONS AND TRADITIONS	6.73
6	* SHARING	6.82
6	* THE ADVANTAGES OF ORGANIZATION	6.86
6	* FAMILY LINKS	6.94
7	* INDIVIDUAL CAREER CHOICE INFORMATION	7.26
7	* "MY FUTURE FAMILY" WANT AD	7.39
8	* CHILD CARE SAFETY	8.23
8	* CHILD CARE PROVIDER QUALITIES	8.38
8	* KEYS FOR CAREGIVING	8.45
8	* RECIPE FOR YUM YUMMIES	8.66
8	* RECIPE FOR CAKE MIX COOKIES	8.67



**"INDEPENDENT IDEAS" HANDBOOK  
POSSIBLE CONTENT - PAGE 2**

TOPIC NUMBER	ACTIVITY NAME	PAGE NUMBER
9	* T-L-C SEWING PERMIT	9.11
11	* SORTING THE LAUNDRY	11.17
11	* THE LAUNDRY PROCESS	11.24
11	* LAUNDRY PRODUCTS	11.26-27
11	* HOW TO IRON	11.30
11	* SEWING ON A BUTTON	11.31-32
12	* OPERATION <u>RISK</u>	12.17
12	* DISHWASHING STEPS/TABLESETTING GUIDE	12.26
13	* RECIPE FOR FRUIT FREEZE	13.18
13	* MEASURING TECHNIQUES	13.19-21
13	* MEASUREMENT ABBREVIATIONS/EQUIVALENTS	13.25-26
13	* RECIPE FOR EASY OATMEAL BARS	13.49
13	* RECIPE FOR OATMEAL MUNCHIES	13.51
14	* CORRECT TERMS ADD UP TO SUCCESS WITH FOOD	14.8
	* FRUIT SALAD RECIPE	14.17
16	* RECIPE FOR BANDIT BREAKFAST BISCUITS	16.15
16	* RECIPE FOR VANISHING BREAKFAST ROLLS	16.17
17	* NUTRITION STRATEGIES	17.54
17	* RECIPE FOR STIR FRY	17.57
18	* JOB APPLICATION	18.18
18	* BREAD STICK RECIPE	18.56

\* These items can be completed as the related topics are covered.



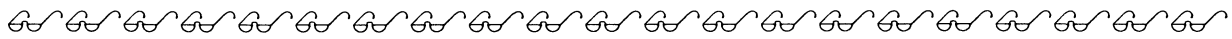
**"INDEPENDENT IDEAS" HANDBOOK  
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TOPIC #1: *Developing Independence*

Teacher Resource



Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

**EMERGENCY INFORMATION - TEACHER KEY****FIRST AID:**

BURNS: FIRST DEGREE \_\_RUN COLD WATER OVER BURNED AREA\_\_\_\_\_

SECOND DEGREE \_\_RUN COLD WATER OVER BURNED AREA\_\_\_\_\_

THIRD DEGREE \_\_DON'T PUT ANYTHING ON IT! GET MEDICAL HELP!\_\_

NOSEBLEEDS: \_\_PINCH NOSE BELOW BRIDGE TO APPLY PRESSURE\_\_\_\_\_

CUTS &amp; SCRATCHES: \_\_CLEAN WITH CLEAR WATER; BANDAGE IF NECESSARY\_\_

LACERATIONS: \_\_APPLY DIRECT PRESSURE; GET MEDICAL CARE\_\_\_\_\_

OTHER BLEEDING: \_\_APPLY DIRECT PRESSURE IF POSSIBLE; GET MEDICAL CARE\_\_

INSECT BITES OR STINGS: \_\_REMOVE STINGER IF NEEDED; APPLY FIRST AID CREAM\_\_

VOMITING: \_\_GET CONTAINER TO COLLECT VOMIT; RINSE MOUTH WITH COLD WATER\_\_

POISONINGS: \_\_GET PACKAGE OF POISON SOURCE AND CALL POISON CONTROL OR 911\_\_

FEVER: \_\_DRINK COOL LIQUIDS; REMAIN INACTIVE\_\_\_\_\_

UNCONSCIOUSNESS: \_\_CHECK PULSE AND BREATHING\_\_\_\_\_

ELECTRICAL SHOCK: \_\_TURN OFF ELECTRICAL SOURCE; CHECK PULSE; GET MEDICAL CARE\_\_

SHOCK: \_\_RAISE FEET 2 INCHES HIGHER THAN HEAD; COVER WITH BLANKET\_\_\_\_\_

STOMACH PAIN: \_\_GET PATIENT TO HAVE BOWEL MOVEMENT; IF FEVER OR VOMITING, ALSO, GET MEDICAL HELP\_\_

**VITAL SIGNS:**

TEMPERATURE: \_\_\_\_\_ 98.6 DEGREES FAHRENHEIT\_\_\_\_\_

PULSE: \_\_\_\_\_ 70-90 BEATS PER MINUTE\_\_\_\_\_

RESPIRATION: \_\_\_\_\_ 16-20 BREATHS PER MINUTE\_\_\_\_\_

NOTE: IF YOU ARE UNSURE ABOUT PROPER FIRST AID, CALL A PARENT OR YOUR LOCAL EMERGENCY NUMBER. IT IS: \_\_\_\_\_



Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

**THINGS TO DO WHEN THERE'S "NOTHING TO DO" - TEACHER KEY**



**THINGS I COULD READ:**

- 1. \_\_\_ Books \_\_\_\_\_ 6. \_\_\_\_\_
- 2. \_\_\_ Magazines \_\_\_\_\_ 7. \_\_\_\_\_
- 3. \_\_\_ Newspaper \_\_\_\_\_ 8. \_\_\_\_\_
- 4. \_\_\_ School newspaper \_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_\_ Homework \_\_\_\_\_ 10. \_\_\_\_\_

**RANDOM ACTS OF KINDNESS I COULD DO:**



- 1. \_\_\_ Empty the garbage \_\_\_\_\_ 6. \_\_\_ Help fold the laundry \_\_\_\_\_
- 2. \_\_\_ Make someone else's bed \_\_\_\_\_ 7. \_\_\_ Wash the car \_\_\_\_\_
- 3. \_\_\_ Pick up clutter at home \_\_\_\_\_ 8. \_\_\_ Read to a younger sibling \_\_\_\_\_
- 4. \_\_\_ Put dishes in dishwasher \_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_\_ Empty dishwasher \_\_\_\_\_ 10. \_\_\_\_\_

**PHYSICAL ACTIVITIES I COULD DO:**



- 1. \_\_\_ Ride a bike \_\_\_\_\_ 6. \_\_\_\_\_
- 2. \_\_\_ Play ball \_\_\_\_\_ 7. \_\_\_\_\_
- 3. \_\_\_ Exercise \_\_\_\_\_ 8. \_\_\_\_\_
- 4. \_\_\_ Run or walk a mile or two \_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_\_\_\_ 10. \_\_\_\_\_

**GAMES I COULD PLAY BY MYSELF OR WITH SOMEONE ELSE:**

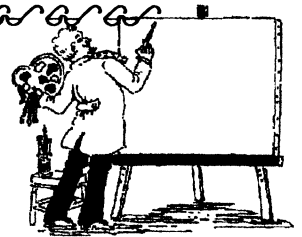


- 1. \_\_\_ Checkers \_\_\_\_\_ 6. \_\_\_\_\_
- 2. \_\_\_ Chess \_\_\_\_\_ 7. \_\_\_\_\_
- 3. \_\_\_ Dominoes \_\_\_\_\_ 8. \_\_\_\_\_
- 4. \_\_\_ Solitaire \_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_\_ Monopoly \_\_\_\_\_ 10. \_\_\_\_\_



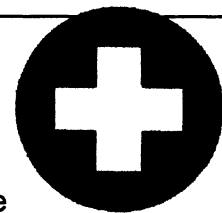


THINGS TO DO WHEN THERE'S "NOTHING TO DO" - PAGE 2 - TEACHER KEY



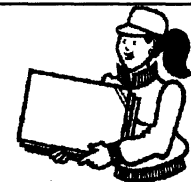
ARTS AND CRAFTS OR OTHER CREATIVE ACTIVITIES I COULD DO:

- 1. \_\_Paint or draw a picture\_\_\_\_\_ 6. \_\_\_\_\_
- 2. \_\_Make or build something\_\_\_\_\_ 7. \_\_\_\_\_
- 3. \_\_Tole paint\_\_\_\_\_ 8. \_\_\_\_\_
- 4. \_\_Crochet, embroider, knit\_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_Leather work\_\_\_\_\_ 10. \_\_\_\_\_



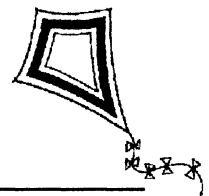
SERVICE PROJECTS I COULD DO OR HELP WITH:

- 1. \_\_Church\_\_\_\_\_ 6. \_\_Read to someone\_\_\_\_\_
- 2. \_\_School\_\_\_\_\_ 7. \_\_Work on fund raiser\_\_\_\_\_
- 3. \_\_Civic clubs\_\_\_\_\_ 8. \_\_\_\_\_
- 4. \_\_Community\_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_Red Cross\_\_\_\_\_ 10. \_\_\_\_\_



COMMUNITY ACTIVITIES IN WHICH I COULD PARTICIPATE:

- 1. \_\_Soccer league\_\_\_\_\_ 6. \_\_\_\_\_
- 2. \_\_Basketball league\_\_\_\_\_ 7. \_\_\_\_\_
- 3. \_\_Softball team\_\_\_\_\_ 8. \_\_\_\_\_
- 4. \_\_Help with the county fair\_\_\_\_\_ 9. \_\_\_\_\_
- 5. \_\_\_\_\_ 10. \_\_\_\_\_



OTHER THINGS I COULD DO:

- 1. \_\_Prepare or start dinner\_\_\_\_\_ 7. \_\_Write a letter\_\_\_\_\_
- 2. \_\_Organize a closet, drawer\_\_\_\_\_ 8. \_\_Groom your pet\_\_\_\_\_
- 3. \_\_Do a jigsaw puzzle\_\_\_\_\_ 9. \_\_Learn something on the computer\_\_\_\_\_
- 4. \_\_Do a crossword puzzle\_\_\_\_\_ 10. \_\_Work on merit badges\_\_\_\_\_
- 5. \_\_Begin or work on a collection\_\_\_\_\_ 11. \_\_Practice a musical instrument\_\_\_\_\_
- 6. \_\_Fix, repair, or mend something\_\_\_\_\_ 12. \_\_Learn something new\_\_\_\_\_