

# Life Skills & Practical Arts Framework

*Josie Education Program · Resonance Curriculum*

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## Purpose

This framework ensures Josie’s education is grounded not only in academics and empathy but in the *practical abilities* that create independence, confidence, and contribution.

Life skills are taught as living arts — meaningful, hands-on ways to apply knowledge to daily life and the world.

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## Core Domains of Practical Arts

Domain	Focus	Examples
Self-Care & Body Awareness	Hygiene, nutrition, rest, emotional regulation	Brushing, bathing, choosing clothes, identifying hunger/fullness cues, self-massage
Home & Environment	Household management and sustainability	Tidying routines, sorting laundry, recycling, caring for plants or pets
Cooking & Nutrition	Relationship with food and health	Preparing snacks, measuring, chopping, baking, understanding nutrients
Craft & Design	Manual dexterity and creativity	Sewing, building, painting, digital art, costume design

<b>Technology &amp; Coding</b>	Logic, digital literacy, creative problem-solving	Scratch Jr, robotics kits, web design, app creation
<b>Entrepreneurship &amp; Financial Literacy</b>	Understanding value, planning, and service	Lemonade stand, budgeting, donation drives, selling handmade crafts
<b>Community &amp; Service</b>	Empathy in action	Helping neighbor, volunteering, family service projects
<b>Massage &amp; Somatic Awareness</b>	Compassionate touch and anatomy understanding	Gentle partner massage, body map art, self-massage for calm
<b>Film, Acting, and Production</b>	Storytelling, teamwork, creative expression	Scriptwriting, lighting, set and costume design, editing short films

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## Developmental Progression

Stage	Ages	Core Goals	Sample Activities
<b>Foundation</b>	1–3	Independence in small tasks	Pouring water, wiping table, putting toys away
<b>Discovery</b>	3–6	Daily responsibility & care routines	Feeding pet, making bed, folding washcloths
<b>Understanding</b>	6–9	Collaboration & applied creativity	Bake bread, plant garden, simple coding puzzles
<b>Integration</b>	9–12	Project ownership	Design costume, build small website, manage allowance
<b>Expansion</b>	12–15	Real-world problem solving	Plan event, film documentary, run small business

<b>Mastery</b>	15–18	Professional and service applications	Internship, teach a workshop, manage personal finances
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## Family Integration by Discipline

Parent	Expertise	Learning Integration
<b>Ayesha</b>	Massage Therapy · Coding	Body awareness labs, self-massage art, intro to Scratch & website building
<b>Joseph (JB)</b>	Film Production · Set & Costume Design · Acting	Film projects, lighting/set design workshops, storytelling through performance

Both parents’ skills become the “applied arts” track of Josie’s curriculum — uniting creativity, technology, and embodiment.

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## Weekly Rhythm Suggestions (Ages 1–6)

Day	Life Skill Focus	Example
<b>Monday</b>	Movement & Care	Yoga, massage for calm, dressing practice
<b>Tuesday</b>	Kitchen & Nutrition	Mix batter, wash fruit, taste rainbow of colors
<b>Wednesday</b>	Creative Arts	Paint, collage, costume box play
<b>Thursday</b>	Tech & Tools	Button pressing game, later basic coding
<b>Friday</b>	Home & Garden	Water plants, sweep porch, recycle sort
<b>Weekend</b>	Family Service / Film Fun	Help film short skit, deliver cookies to neighbor

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## Academic Links

Subject	Practical Connection
Math	Measuring ingredients, budgeting, rhythm timing
Science	Cooking chemistry, garden ecology, body systems
Language Arts	Writing recipes, scripts, journaling projects
Social Studies	Community helpers, ethics of labor, fair trade
Art & Music	Design aesthetics, rhythm in movement
Health / PE	Nutrition, body care, ergonomics

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## Financial Literacy Continuum

Age Range	Focus	Sample Practice
3–6	Concept of exchange	Trade toys, earn sticker for chore
6–9	Counting money	Save coins in labeled jars (spend/save/share)
9–12	Budget planning	Manage allowance for project
12–15	Entrepreneurship	Small craft or film project with pricing
15–18	Financial independence	Track income/expenses, create personal budget

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## Creative & Technical Integration Projects

Age	Project Idea	Integrated Domains
3–4	“Sounds of Home” mini-film	Music, empathy, film intro

5–6	“My Kitchen Science Show”	Cooking, science, storytelling
7–9	“Build a Lightbox”	Physics of light, design, carpentry
10–12	“Coding Our Garden” (sensor or web tracker)	Tech, ecology, math
13–15	“Costume Through History” documentary	History, art, sewing, film
16–18	“Wellness App + Massage Tutorial Series”	Health science, tech, entrepreneurship

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## Life-Skills Assessment Ideas

Method	What to Record
<b>Photo Log</b>	Josie cooking, building, cleaning, gardening
<b>Video Clips</b>	Demonstrating task or explaining process
<b>Reflection Notes</b>	“What did she enjoy or find challenging?”
<b>Checklist</b>	Independent routines mastered
<b>Community Feedback</b>	Thank-you notes or certificates from helpers

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## Documentation & Standards

These practical arts activities align with:

- **PA Health, Safety & PE Standards (10.x)** — body care, nutrition, movement

- **PA Career Education & Work Standards (13.x)** — career awareness, work habits, entrepreneurship
  - **PA Arts & Humanities (9.x)** — design, performance, creativity
  - **Science & Tech (3.x / 4.x)** — applied experimentation
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## **Vision Outcome**

By adulthood, Josie will:

1. Confidently manage her physical and emotional well-being.
2. Sustain a clean, peaceful, and creative environment.
3. Cook, budget, plan, and organize projects independently.
4. Express empathy through service and craftsmanship.
5. Integrate art, technology, and body intelligence into meaningful work.