

Life Skills & Practical Arts Framework

Josie Education Program · Resonance Curriculum

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.

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

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

Developmental Progression

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

Mastery	15–1 8	Professional and service applications	Internship, teach a workshop, manage personal finances
----------------	-----------	---------------------------------------	--

Family Integration by Discipline

Parent	Expertise	Learning Integration
Ayesha	Massage Therapy · Coding	Body awareness labs, self-massage art, intro to Scratch & website building
Joseph (JB)	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.

Weekly Rhythm Suggestions (Ages 1–6)

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

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

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

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

Life-Skills Assessment Ideas

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

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
-

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.