

# Red Rock Junior High School Life Skills Day Subject List

Group A (students must indicate their 1st and 2nd choices from this group)

## **How to Get What You Want (Goal Setting)**

Explore what makes a great leader and how to set goals you can achieve. Learn about decision-making, responsibility, and motivating others. You'll leave ready to take on leadership roles at school or in the community.

## **How to Set Your Body and Mind Up for Success (Wellness and Performance)**

Unlock your full potential by learning how sleep, movement, mindset, and daily habits work together to boost your energy, focus, and confidence. This session brings it all together—giving you simple ways to feel your best and perform at your peak, in school and beyond.

## **How Not to be a Jerk (Conflict Resolution)**

Learn how to handle arguments and disagreements without drama. This session gives you real-life tools to stay cool, speak up, and solve problems without making things worse.

## **Finding Meaning in How You Spend Your Spare Time (Volunteering)**

Discover how giving your time can make a big impact—on others and on you. Learn fun and meaningful ways to help out in your school or community, and explore how volunteering can build skills, friendships, and purpose.

Group B (students must indicate their 1st, 2nd and 3rd choices from this group)

## **Earning Money / Starting a Small Business**

Got a cool idea or want to earn some extra cash? Learn how to turn hobbies into hustle, explore ways to make money, and get smart about saving. This session is all about building independence and having fun while doing it.

## **Cake / Cookie Decorating**

Get creative with frosting, sprinkles, and sweet designs! Learn decorating tricks to turn cookies and cakes into edible art—and yes, you’ll get to taste your masterpiece too.

### **Fashion**

Explore trends, styles, and the basics of putting together fashionable outfits. Learn how colors, patterns, and accessories can create a unique look. This class will help you express yourself through what you wear.

### **Stock Market Investing & Personal Finance**

Curious about how money works and grows? Learn the basics of saving, budgeting, and investing in the stock market—plus try out “pretend trading” to see how smart choices can pay off. This session helps you build money skills for life.

### **Video Editing**

Turn everyday footage into something awesome! Learn how to cut clips, add music, and use cool effects to make your videos pop. Whether you're into gaming, vlogs, or school projects, this session helps you create content worth sharing.

### **First Aid Basics**

Learn how to stay calm and help out when someone gets hurt. You’ll practice simple but important skills like bandaging cuts, treating burns, and knowing what to do in an emergency. These tools could help you make a real difference when it matters most.

### **Decorating a Room**

Make your space feel more like *you*! Learn how to use color, layout, and simple design tricks to turn any room into a cozy, stylish hangout. You’ll leave with ideas to personalize your space without spending a ton.

### **Sports Readiness - Conditioning / Fitness / Skills Development**

Want to compete at your best? This session covers how to prepare your body and mind for sports through smart training, skill-building, recovery tips, and mental focus. Whether you're into team sports or solo challenges, you'll learn how to boost your overall readiness and confidence.