

# ***Life Skills Day!***

## **January 23, 2026**

### **Sedona Red Rock Middle School and High School**



#### **Overview**

This Rotary sponsored Life Skills Day provides critical life skills training to middle school and high school students with classes taught by Rotarians and community volunteers. Attendance is anticipated to be approximately 300 (?) for middle school students and 4500 (?) for senior high students.



#### **Student Participants**

EX: The first of four 50-minute classes will start at ?. A 10-minute break will allow you to transfer to your next class. Students will choose 6 of the classes being offered that they would like to attend and will be assigned to attend 4.

#### **Adult Volunteers**

Adult volunteers are critical to the success of the event, so please sign up for one or more of our volunteer roles on the Google Form. We will review your role request and be in touch regarding an assignment. If you have a suggestion of your own for a class not listed, please let us know. Thanks for your service!

#### **EXAMPLE AM Schedule for High School**

- ? : First session
- ? : Second session
- ? : Third session
- ? : Fourth session
- Finish by lunch? Pizza for all? OR food for volunteers?
- Snacks and water available throughout the day.

#### **EXAMPLE PM Schedule for Middle School**

- ? : First session (shorter?)
- ? : Second session
- ? : Third session

## **Class Titles**

### 1. **Health**

- CPR/first aid
- Fitness
- Nutrition
- Yoga
- Nurturing relationships
- Coping with stress

### 2. **Financial Literacy\**

- Understanding debt and credit
- Budgeting and money management
- Understanding car, renters and home insurance
- What to look for when making big purchases like a car or computer

### 3. **Practical Skills**

- Communicating through phone and mail
- Basic car maintenance
- How to make homemade pasta
- Sewing
- Using basic household tools
- Fire safety
- Self defense
- Table manners and table etiquette
- Gardening
- How to remove stains and fold laundry

### 4. **Career and College Readiness**

- Interview and resume coaching
- FAFSA basics
- Accepting and responding to feedback
- The art of small talk and networking
- How to choose a career
- Introduction to health care careers
- Introduction to other career fields
- Dress for success
- How to find job opportunities

### 5. **Communications/Other**

- Public speaking
- Improv
- Problem solving
- Time management
- Interacting with law enforcement
- Conflict resolution
- Civic engagement
- Using library resources