



# Real world skills for youth

## Family and Consumer Sciences (FCS), Lucas County

Are educational topics such as financial literacy, health and well-being, communication, and mindfulness only for adults? No. There are age-appropriate lessons to teach and foster skills for good decision making – across the lifespan. These classes are under the Family and Consumer Sciences (FCS) umbrella.

In-person preschool through school aged FCS community classes might be at libraries, schools, summer programs, places of worship, community centers, parks, and any other public places in Lucas County with space for a class. This is a list of possible Family and Consumer Sciences programs that might be of interest for Lucas County community partners to host a youth program. Each lesson is approximately 30 – 45 minutes.

### **FINANCIAL LITERACY**

For young children, our lessons on money often include a children’s book and games about topics like needs and wants, sharing, careers, money, etc.

### **CONNECT WITH NATURE – EVEN IN THE CITY**

Spending time in nature is good for our health. Here are some examples of seasonal topics: springtime gardening, summer keep hydrated and sun safety, and health benefits of nature.

### **HEALTH AND WELLBEING**

Our physical and mental health go together. Some of the themes for this include: thankfulness, kindness, emotions, and super helpers. We use children’s books and games to teach the topics.

### **OHIO FOODS**

- What plant parts do you eat? Focus on fruits and vegetables.
- Explore Ohio Foods – what foods are grown, raised, and produced in Ohio?

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