

ALE Student Resources

Life Skills: Cooking and Dining

Resource	Description	Level
Math in the Kitchen (video)	A review of tools used in the kitchen to measure ingredients	elementary through high school
Kitchen Safety for Kids (video)	Safety tips for students when cooking	elementary
Kids Dining Etiquette 101 (video)	Appropriate table manners	elementary
Kitchen Math Measuring (video)	Measuring tools and how to use them when cooking	middle through high school
Food and Kitchen Safety (video)	How to be safe in the kitchen	middle through high school
How to Use a Fire Extinguisher (video)	Proper use and techniques for using a fire extinguisher	middle through high school
Table Manners 101: Basic Dining Etiquette (video)	Appropriate table manners	middle through high school

Life Skills: Laundry

Resource	Description	Level
How to do Laundry for Kids (video)	The do's and don'ts of washing your clothes	elementary
How to do Laundry (video)	The do's and don'ts of washing your clothes	middle through high school

Life Skills: Car Maintenance

Resource	Description	Level
How to Change a Tire (video)	Properly and safely changing a tire and the tools needed	high school
How to Change a Tire (video)	Properly and safely changing a tire and the tools needed	high school
How to Check Tire Pressure (video)	The importance of and process for checking a tire's pressure	high school
How to Check Engine Oil (video)	The importance of and process for checking engine oil	high school

Life Skills: Career Education/Job Skills

Resource	Description	Level
The 7 Habits of Highly Effective People Summary (video)	A review of the perspectives and characteristics of people who have been effective in attaining their goals	high school
Jason Farley Rodeo Clown (video)	Real-life goal setting & resilience	middle through high school
Growth Mindset vs Fixed Mindset (video)	A description of two types of mindsets we can cultivate, one that embraces problems as opportunities to learn, and one that avoids them, often out of fear to fail	high school
Soft Skills for Career Success (video)	An exploration of the people and relationship skills known as soft skills sought by hiring managers	high school
Establishing Credit (video)	A discussion of how to begin building financial credit by associates of First Security Bank of Mountain Home, Arkansas	high school
Bad Job Interview (video)	What a bad job interview looks like, role played by associates of First Security Bank of Mountain Home, Arkansas	high school

Good Job Interview (video)	What a good job interview looks like, role played by associates of First Security Bank of Mountain Home, Arkansas	high school
Goal Setting / Budgeting (video)	A discussion of how to set financial goals and budgeting to reach them by associates of First Security Bank of Mountain Home, Arkansas	high school
Filling out a job application (video)	A discussion of how to fill out a job application by associates of First Security Bank of Mountain Home, Arkansas	high school
Income and Expenses – Part 1 (video)	A discussion of how to monitor your income and expenses by associates of First Security Bank of Mountain Home, Arkansas	high school
Income and Expenses – Part 2 Budgeting (video)	A discussion of how to create a budget by associates of First Security Bank of Mountain Home, Arkansas	high school

Life Skills: Other Useful Skills

Resource	Description	Level
How to Speak with Children (video)	Tips on how to speak to young children	elementary

Social Skills and Mental Health

Resource	Description	Level
Why Do We Lose Control of Our Emotions?	Simple, easy-to-understand whiteboard animation to help early elementary-aged children gain an understanding of the way their brains work to recognize and manage their emotions. This is intended as a beginning resource to help children, parents, educators, and those who work with children to encourage mindfulness, empathy, and emotional regulation	early elementary
We All Have Mental Health	An animation designed to give young people aged 11-14 a common language and understanding of what we mean by mental health and how we can look after it	upper elementary and middle school
How to Say NO	Some strategies to help you stop impulsively saying yes, and think critically about what you want to do	middle through high school

The Resilience Breakthrough Podcast-Spotify The Resilience Breakthrough Podcast- Apple Podcast	Christian Moore interviews guests who have powerful stories of overcoming challenges and who have expertise in education	high school
Anger Management for Kids (and Adults)	A short fun video teaching kids and adults how to manage their anger in 5 simple steps	kids and adults

Fun Things to Learn and Do

Resource	Description	Level
How to Make 5 EASY Paper Airplanes that FLY FAR (video)	A video tutorial that teaches you how to fold paper airplanes	upper elementary through high school