

#1 Rule Safety First

Numbers 1 thru 10 (written phonetically)

English	Mandarin	Hindi
One	Yee	Ehk
Two	Arr	Doh
Three	Sahn	Teen
Four	Suh	Chaar
Five	Wuu	Paanch
Six	Leeoh	Cheh
Seven	Chee	Saaht
Eight	Baah	Ahth
Nine	Jiyoh	Nauh
Ten	Shur	Duhs

Home Economics

Caring for Pets (Dog, Cat, Horse, Pig, Bird, Hamster, Guinee Pig, etc.)

wash dog

groom dog

observe health

feed dog

walk dog

poo patrol

Laundry

Separate

Wash

Dry

Iron

Fold/Hang

Child Care

Feeding

Bathing

Diapers

Sleeping

Crying

Time Management

Logistics, Supplies, Budget

Dishes

Wash

"Dry / Put Away"

Setting Table

**General House Cleaning – “Your environment is a reflection
of your thought process”**

Wipe/Dust

De-Clutter, Putting things away, Take out Trash & Recycle

Sweep/Mop/Vacuum

Food

Nutrition Study

No Sugar!

No Softdrinks!

No Fast Food!

**Remove Flours processed with Folic Acid (B9) – this is
a synthetic that disrupts the Folate Cycle:
linked to Diabetes, Pregnancy issues, and
Obesity, as well as Immunity issues**

Omega 3's to reduce Cortisol and Inflammation

Protein to increase Growth Hormone

Balanced Diet

Reading Labels

Lysine and Vitamin D3 for Immunity

Calcium

Vitamin C

Purchase

Read/Write Recipes

Preparing Food

Cooking

Bake

Fry

Boil

Crock Pot

Canning

Try to avoid the Microwave

Serving

Clothing

Sewing by Hand and Machine

How to Buy Clothes (Budget)

How to Dress for Success

Your Bedroom – again, “Your environment is a reflection of your thought process”

Tidying your Room

Making your Bed

Which Brings Us Back To...

How to Make your Bed with Mantras:

Bottom Sheet – I am laying the four corners and leveling out the foundation for my day! I will review my plan for today..

Pillow Case – I will keep self-respect, respect for others, and SAFETY, in mind, always

Top Sheet – Nobody's perfect, but I will endeavor to improve myself and embrace challenging / learning activities

Blanket – I will remember to “show up”, “to be present in my tasking”, “perform with discipline/determination”, and “follow thru”, with the intent to complete each task I've set before me

Folding Top Sheet back onto Blanket – at the end of the day, I will have become a better person than I was yesterday.