

Emotional, Cognitive and Behavioral Skills: Social Skills, Stress Management, Problem-Solving

Resource	Cost (subject to change)	Delivery/Link
National Rehabilitation Information Center: The Life Skills Manual; Strategies for Maintaining Residential Stability	Free	https://www.naric.com/?q=en/content/order-life-skills-manual
Project Life: Youth Skills for Life Curriculum	Free	https://www.vaprojectlife.org/for-professionals/youth-skills-for-life-curriculum-3/
Providers Guide to Case Life Skills	Free: registration required	https://caseylifeskills.secure.force.com/clsa_learn_provider
NEW: Nutrition Education for Wellness	Free	https://www.ctahr.hawaii.edu/new/resources.htm
Adolescent Health Library	Free	https://www.hhs.gov/ash/oah/resources-and-training/adolescent-health-library/index.html
Insight and Outlook: Life Skills	Varied	http://www.insightandoutlook.com/lis.php
Transitioning to Independence: Life Skill Training/support materials	Free	https://www.itsmymove.org/training_resources_lifeskills.php
Teachers Pay Teachers: Life skills worksheets	Free	https://www.teacherspayteachers.com/Browse/PreK-12-Subject-Area/Life-Skills/Price-Range/Free/Grade-Level/Adult-Education/Type-of-Resource/Worksheets
MindTools: Essential Skills for and Excellent Career	Free and varied costs	https://www.mindtools.com/pages/main/newMN_TMC.htm
Casey Life Skills	Free	https://caseylifeskills.secure.force.com/clsa_learn_provider
Los Angeles County Department of Mental Health: Life Skills Support Group Curriculum	Free	http://www.file.lacounty.gov/SDSInter/dmh/171974_LifeSkillsFinal3-18-08.pdf
Nishnawbe Aski Nation: Life Skills and Transitions Curriculum	Free	http://www.nan.on.ca/upload/documents/2015-epp-resources/life-skills-curriculum-development--1---.pdf

4-H Youth Development Book: Communications Toolkit	Free	https://www.canr.msu.edu/uploads/resources/pdfs/4-H_Communications_Toolkit_4H1560.pdf
Teaching Resources for Youth Educators - A Source Book	Free	https://fyi.extension.wisc.edu/wi4hpublications/teaching-resources-for-youth-educators-a-source-book/
Youth Thrive: Promoting Youth Resilience	Free	https://cssp.org/wp-content/uploads/2018/08/youth-thrive-promoting-youth-resilience.pdf
A New Life Freedom Life Skills Curriculum	Cost varies	http://www.insightandoutlook.com/ls.php
Teachers Pay Teachers	Free	https://www.teacherspayteachers.com/Browse/PreK-12-Subject-Area/Life-Skills/Price-Range/Free/Grade-Level/Adult-Education/Type-of-Resource/Worksheets