

**FCCLA CATFACS Workshop**  
**National Programs Activities**

	<b>Culinary</b>	<b>Design</b>	<b>Relationships</b>	<b>Independent Living</b>	<b>Child Development</b>
<b><i>Career Connection</i></b>	<ul style="list-style-type: none"> <li>• Student run catering business</li> <li>• Guest speakers</li> </ul>	<ul style="list-style-type: none"> <li>• Design guest speaker</li> <li>• Craft fair</li> <li>• Field Trips</li> </ul>	<ul style="list-style-type: none"> <li>• Careers related to content               <ul style="list-style-type: none"> <li>○ MFT</li> <li>○ Social worker</li> <li>○ Drug counselor</li> <li>○ Grief Counselor</li> <li>○ Team develop specialist</li> <li>○ SRO</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Field trips</li> <li>• Career Fair</li> <li>• Job shadowing</li> </ul>	<ul style="list-style-type: none"> <li>• Career Research</li> <li>• ICAP Plans</li> <li>• Interview a professional</li> <li>• Field trips</li> <li>• Play school</li> <li>• Elementary mentor/ aid program</li> </ul>
<b><i>Community Service</i></b>	<ul style="list-style-type: none"> <li>• Share Our Strength bake sale</li> <li>• Pots of soup for the homeless</li> <li>• Friday take home bags</li> <li>• Casseroles for teacher of the week</li> </ul>	<ul style="list-style-type: none"> <li>• Dress for success</li> <li>• Soles of souls</li> <li>• Cinderella project</li> <li>• Dress a girl around the world</li> <li>• Homeless mittens</li> <li>• Decorate toms</li> </ul>	<ul style="list-style-type: none"> <li>• Sock drive for teen shelter</li> <li>• Blankets for safe house</li> <li>• Food drive</li> <li>• Suicide awareness campaign</li> </ul>	<ul style="list-style-type: none"> <li>• Brochure about ID Theft</li> </ul>	<ul style="list-style-type: none"> <li>• Food, care, clothing drives</li> <li>• Children's hospital blankets</li> <li>• Baby sitting night</li> <li>• March of Dimes</li> </ul>
<b><i>FACTS</i></b>	<ul style="list-style-type: none"> <li>• No eating while driving campaign</li> </ul>	<ul style="list-style-type: none"> <li>• FCCLA sign in the parking lot</li> </ul>	<ul style="list-style-type: none"> <li>• That text can wait!</li> <li>• Police officer to discuss traffic laws</li> </ul>	<ul style="list-style-type: none"> <li>• Police officers visit on laws</li> <li>• House</li> </ul>	<ul style="list-style-type: none"> <li>• Car seats*</li> <li>• Seat belts*</li> <li>• Laws with</li> </ul>

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				warming party scenario	seats* *Fire Dept may help • Guest speakers
<b><i>Families First</i></b>	<ul style="list-style-type: none"> <li>• Around the family dinner table</li> <li>• Family dinner where all help prepare meal</li> </ul>	<ul style="list-style-type: none"> <li>• Family living space redesign</li> <li>• Create family time</li> </ul>	<ul style="list-style-type: none"> <li>• Family game night</li> </ul>	<ul style="list-style-type: none"> <li>• Family budget</li> </ul>	<ul style="list-style-type: none"> <li>• Parents as first teachers</li> <li>• Writing a children's book</li> <li>• Big Sibling mentors</li> <li>• Guest speaker of parenting</li> </ul>
<b><i>Financial Fitness</i></b>	<ul style="list-style-type: none"> <li>• Lesson plan: meals on a budget</li> <li>• Budgeting</li> <li>• Day of couponing</li> <li>• Bulk buy to save money</li> <li>• Tricks of the supermarket</li> </ul>	<ul style="list-style-type: none"> <li>• Comparison shopping between stores</li> <li>• Construction comparison</li> </ul>	<ul style="list-style-type: none"> <li>• Budget/ wedding plan</li> <li>• Goal setting</li> <li>• Budgeting to be a parent</li> <li>• Cost of raising a child</li> </ul>	<ul style="list-style-type: none"> <li>• Simulation on life</li> <li>• Individual card apps</li> <li>• Knowledge bowl</li> </ul>	<ul style="list-style-type: none"> <li>• Cost of childcare</li> <li>• Cost of infant (0-12months)</li> </ul>
<b><i>Power of One</i></b>	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Final – Nutritional and Wellness Event</li> </ul>	<ul style="list-style-type: none"> <li>• Family craft night</li> <li>• Redesign bedrooms</li> <li>• Rearrange the room</li> </ul>	<ul style="list-style-type: none"> <li>• Final- Better You or Families First</li> <li>• Goal Setting Individual Project</li> </ul>	<ul style="list-style-type: none"> <li>• Budgeting-savings for a goal</li> <li>• Planning future values</li> <li>• Keeping space with</li> </ul>	<ul style="list-style-type: none"> <li>• Decisions to be a parent</li> <li>• Having healthy family relationships</li> </ul>

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				roommates	
<b><i>STOP the Violence</i></b>	<ul style="list-style-type: none"> <li>• Communication techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Travel safe clothing</li> <li>• How to dress safely</li> <li>• Drug day/ compliment day</li> </ul>	<ul style="list-style-type: none"> <li>• Dating Violence Campaign</li> <li>• Red Flag lesson plan</li> <li>• Communication boundaries lesson plan</li> </ul>	<ul style="list-style-type: none"> <li>• Cyber safety project</li> <li>• Customer complaints</li> <li>• ID Theft</li> <li>• Personal stories</li> </ul>	<ul style="list-style-type: none"> <li>• PSA Project on shaken baby syndrome</li> <li>• Child abuse</li> <li>• Safe toys and baby proofing</li> <li>• Personal safety</li> <li>• Anti-bullying with Kindergartners</li> </ul>
<b><i>Student Body</i></b>	<ul style="list-style-type: none"> <li>• Student Hydration program</li> <li>• Friday class walks</li> <li>• Psychology of why we eat</li> <li>• Basics of healthy eating and modifications</li> </ul>	<ul style="list-style-type: none"> <li>• Create a spirit shirt</li> <li>• Dress for success</li> <li>• Dress code posters</li> <li>• Operation beautiful</li> </ul>	<ul style="list-style-type: none"> <li>• Empower your relationships: Positive Self Image</li> <li>• Make Sample healthy baby food</li> </ul>	<ul style="list-style-type: none"> <li>• Meal planning- healthy on a budget</li> <li>• \$5-7 Meals</li> <li>• Stress of living on your own</li> <li>• Family exercise program</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnancy health</li> <li>• Understanding growing with diet and health</li> <li>• After school exercise program with elementary kids</li> </ul>