

Guidelines for Practical

LIFE SKILLS

2-3 YRS

4-5 YRS

| | |
|---------------------------------|--|
| Help put toys away | Know name, phone # & address |
| Put clothes in a laundry basket | How to call 911 |
| Put clothes on with help | Brush her teeth and hair with minimal help |
| Help brush teeth | Choose clothes to wear |
| | Learn to swim |

6-7 YRS

8-9 YRS

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| Make a basic meal-sandwich, etc | Brush hair/teeth without being told to |
| | Read a recipe |
| Help with cooking (refer to kids cooking chart) | Care for outdoor toys |
| | Help make a grocery list |
| Pick up the bathroom | Fold clothes |
| | Simple sewing |
| Bathe with minimal help | Count and make change |
| | Answer the phone properly |
| Pack a lunch | Take out the trash |
| | Music lessons (if desired) |

10-12 YRS

13-15 YRS

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|----------------------------------|--------------------------------|
| Stay home alone (refer to chart) | Clean most areas of home |
| Plan & prepare meals | Perform CPR |
| Compare pricing | Prepare & cook meals |
| Purchase items at a store | Deposits & withdrawals at bank |
| Know how to tie knots | Interviewing skills |

16-18 YRS

YOUNG ADULT

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|--|---|
| Fill a car with gas | Make doctor/dentist appt |
| Change a tire | Know how to pay bills |
| Read/understand medicine labels & dosage | Balance a checkbook |
| Fill out a job application/get a job | Understand contracts for apartment lease |
| Prepare a resume | Know how to schedule car appointment (oil, maintenance) |

IMPORTANT LIFE SKILL VALUES

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|---|--|
| CARING: feel concern for others | INITIATIVE: to do something because it needs to be done |
| COMMON SENSE: to think things through | INTEGRITY: to act according to what's right & wrong |
| COOPERATION: to work together towards a common goal | ORGANIZATION: to plan, arrange & implement in an orderly way |
| COURAGE: the ability to face challenges with confidence | PATIENCE: to wait calmly for something |
| CURIOSITY: a desire to learn about a wide range of things | PERSISTENCE: to continue in spite of challenges |
| EFFORT: try your hardest | PRIDE: satisfaction from doing your personal best |
| FLXIBILITY: the ability to alter plans when needed | PROBLEM SOLVING: seek solutions in difficult situations |
| FRIENDSHIP: to make and keep a friend | RESPONSIBILITY: to be accountable for your actions |