

# GUIDELINES FOR practical life skills

## 2-3 YEARS

Help put toys away  
Put clothes in a laundry basket  
Put clothes on with help  
Help brush teeth

## 4-5 YEARS

Know name, phone # & address  
How to call 911  
Brush teeth & hair with minimal help  
Choose clothes to wear  
Learn to swim

## 6-7 YEARS

Help with cooking  
(refer to kids cooking chart)  
Make a basic meal-  
sandwich, etc  
Pick up the bathroom  
Bathe with minimal help

## 8-9 YEARS

Brush hair/teeth without being told to  
Read a recipe  
Care for outdoor toys  
Help make a grocery list  
Fold clothes  
Simple sewing  
Count and make change  
Answer the phone properly  
Take out the trash  
Music lessons (if desired)

## 10-12 YEARS

Stay home alone (refer to chart)  
Plan & prepare meals  
Compare pricing  
Purchase items at a store  
Know how to tie knots

## 13-15 YEARS

Clean most areas of home  
Perform CPR  
Prepare & cook meals  
Deposits & withdrawals at bank  
Interviewing skills

## 16-18 YEARS

Fill a car with gas  
Change a tire  
Read/understand medicine  
labels & dosage  
Fill out a job application/  
get a job  
Prepare a resume

## YOUNG ADULT

Make doctor/dentist appt  
Know how to pay bills  
Balance a checkbook  
Understand contracts-  
ie for apartment lease  
Know how to schedule car  
appointment (oil, maintenance)

## LIFE SKILL VALUES

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