# Guidelines for Practical Life Skills

## 2-3 YRS
- Help put toys away
- Put clothes in a laundry basket
- Put clothes on with help
- Help brush teeth

## 4-5 YRS
- Know name, phone # & address
- How to call 911
- Brush her teeth and hair with minimal help
- Choose clothes to wear
- Learn to swim

## 6-7 YRS
- Make a basic meal-sandwich, etc
- Help with cooking (refer to kids cooking chart)
- Pick up the bathroom
- Bathe with minimal help
- Pack a lunch

## 8-9 YRS
- 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 YRS
- Stay home alone (refer to chart)
- Plan & prepare meals
- Compare pricing
- Purchase items at a store
- Know how to tie knots

## 13-15 YRS
- Clean most areas of home
- Perform CPR
- Prepare & cook meals
- Deposits & withdrawals at bank
- Interviewing skills

## 16-18 YRS
- 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)

## Important 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
- PERSEVERANCE: 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