

# 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

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

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

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- ie for apartment lease
Prepare a resume	Know how to schedule car appointment (oil, maintenance)

## IMPORTANT LIFE SKILL VALUES

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