

Life Skills to Develop at Home

Guidelines

***Remember safety** – Supervise where appropriate. Keep materials such as scissors, knives and matches out of reach.

***Choose age appropriate skill** – This list is not exhaustive, and not all the items are applicable to every child.

***Repetition is key!** – Choose 2-3 items off the list to focus on this week. Practice frequently to ensure mastery!

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| <input type="checkbox"/> Put on underwear/shirt/socks | <input type="checkbox"/> Make a meal for family |
| <input type="checkbox"/> Do up a button/zipper | <input type="checkbox"/> Change batteries in a toy |
| <input type="checkbox"/> Tie shoe laces | <input type="checkbox"/> Keep score for a board game |
| <input type="checkbox"/> Tie school tie | <input type="checkbox"/> Be banker for board game |
| <input type="checkbox"/> Wrap a present | <input type="checkbox"/> Count money (bills/coins) |
| <input type="checkbox"/> Type with proper fingering | <input type="checkbox"/> Use a hammer/screwdriver |
| <input type="checkbox"/> Jump rope | <input type="checkbox"/> Start the clothes washer |
| <input type="checkbox"/> Ride a bicycle | <input type="checkbox"/> Fold laundry |
| <input type="checkbox"/> Set a table | <input type="checkbox"/> Wash dishes |
| <input type="checkbox"/> Pour water into a glass | <input type="checkbox"/> Put air in bike tire |
| <input type="checkbox"/> Spread butter with a knife | <input type="checkbox"/> Make a bed/change sheets |
| <input type="checkbox"/> Wash a window | <input type="checkbox"/> Write a letter |
| <input type="checkbox"/> Sweep/vacuum a floor | <input type="checkbox"/> Address an envelope |
| <input type="checkbox"/> Dust a room | <input type="checkbox"/> Change a lightbulb |
| <input type="checkbox"/> Sew on a button | <input type="checkbox"/> Answer the telephone/take message |
| <input type="checkbox"/> Clean a toilet | <input type="checkbox"/> Use phone book/dictionary |
| <input type="checkbox"/> Weed garden | <input type="checkbox"/> Use a can opener |
| <input type="checkbox"/> Read an analog clock | <input type="checkbox"/> Use a twist tie, elastic, paper clip, safety pin, bread tag... |
| <input type="checkbox"/> Swallow a pill | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Light a match | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Follow a recipe | |
| <input type="checkbox"/> Double a recipe | |