Life Skills Check List

Life Skills—Age 4

_____Help gather laundry

_____Use a handheld vacuum

_____Pick up outside toys

_____Dust and clean bookshelves

_____Empty wastebaskets

_____Know your parent's phone number

_____Know your own address

_____ Know your first and last name and the first and

    last names of your family members.

_____Help empty dishwasher

_____Help bring in groceries

_____Sit quietly in church (looking at books or drawing

    quietly is okay)

_____ Practice good manners: Say "please", "thank you",

    "will you help me please?" and "can I help you?"

_____Know how to cross the road safely using Stop, Look

    & Listen with parental supervision.

Life Skills—Age 5

_____ Put clean clothes away neatly

_____ Swim goal (parent's discretion)

_____ Leave bathroom clean after use

_____ Clean toilet

_____ Feed and water pets or plants

_____ Get mail (if it is in a safe place) and put it in its

    proper place in the home

_____ Manage money. Budget for savings,

    spending, and charitable giving

_____ Know how to make emergency phone calls

_____ Dust low shelves and objects

_____ Empty bathroom trash

_____ Organize bathroom drawers

Life Skills Check List

Life Skills—Age 6

_____ Organize your own drawers and closet

_____ Empty dishwasher and put dishes away

_____ Wash and dry dishes by hand

_____ Straighten living and family rooms

_____ Rake leaves

_____ Help put groceries away

_____ Make juice from a can or mix

_____ Make a sandwich and toast

_____ Money management: How to budget between

  spending, giving, and saving

_____ Pour milk into cereal

_____ Pour milk or juice into a cup

_____ Wash out plastic trash cans

_____ Clean mirrors

Life Skills Check List

Life Skills—Age 7

_____ Use a vacuum cleaner

_____ Clean pet cages and food bowls (if you have a pet)

_____ Use a broom and dustpan

_____ Sweep porches, decks, driveways, and walk ways

_____ Take a written phone message

_____ Learn basic food groups and good nutrition habits

_____ Cook canned soup

_____ Read and prepare a simple recipe

_____ Be familiar with cooking, measuring tools and

  their uses

_____ Make hard and soft boiled eggs

_____ Money management: How to earn and save money

_____ Cut up own meat, pancakes, etc.

_____ Water outside plants, flowers and garden

_____ Arrange refrigerator or bulletin board pictures