

Life Skills Check List

Life Skills—Age 8

- _____ Fold clothes neatly without wrinkles
- _____ Remake own bed with clean sheets
- _____ Know what to do in case of a fire
- _____ Vacuum furniture (ie., chairs and couches). especially under cushions
- _____ Water house plants and lawn outside
- _____ Clean bathroom sink, toilet, and tub
- _____ Load and turn on dishwasher
- _____ Trim own nails and clean own ears; wash, dry, and brush your own hair
- _____ Learn model making
- _____ Set table correctly
- _____ Mop floor
- _____ Peel carrots and potatoes
- _____ Identify and be able to use a hammer, screwdriver, wrench, and pliers
- _____ Plant and care for a seed. Transplant to pot or garden
- _____ Write a thank you note. Properly address and stamp envelope and put in mail.

Life Skills Check List

Life Skills—Age 9

- _____ Load and operate washing machine and dryer (clean lint trap and washer filter)
- _____ Know how to treat small cuts, scrapes, and bug bites
- _____ Change the sheets on a bed
- _____ Properly clean a toilet
- _____ Properly mop the kitchen or bathroom floor
- _____ Help clean out refrigerator
- _____ Hand wash and dry the dishes
- _____ Load and unload the dishwasher
- _____ Tie two ropes together with a square knot
- _____ Prepare boxed macaroni and cheese
- _____ Cook hot dogs and scrambled eggs
- _____ Safely use a glue gun, hammer in a nail, tighten and loosen screws with a screwdriver and bolts with a wrench
- _____ Brown hamburger meat

Life Skills Check List

Life Skills—Age 10

- _____ Replace light bulbs and understand wattage
- _____ Identify items in a basic first aid kit and know how to use them
- _____ Sew on a button
- _____ Sew a simple seam
- _____ Demonstrate how to properly fold an American Flag
- _____ Demonstrate how to use a compass and how to orient a map.
Explain map symbols
- _____ Distinguish between good and spoiled food
- _____ Bake a cake from a mix
- _____ Cook frozen and canned vegetables
- _____ Make pancakes from scratch
- _____ Understand the importance of ingredient and nutrient labeling
- _____ Repair bicycle tire and learn basic adjustments
- _____ Understand uses of medicine and seriousness of overuse
- _____ Wipe down kitchen cupboards

Life Skills Check List

Life Skills—Age 11

- _____ Know where circuit breakers are and how to turn on and off
- _____ Water and care for the grass area a yard
- _____ Scrub showers and sinks. Know how to clean out drains
- _____ Know how to properly start, tend, and extinguish a fire (with
Adult supervision)
- _____ Calculate 10% of any number in your head
- _____ Properly iron a pair of pants, shirt, dress, or skirt
- _____ Know the difference between dry clean only, hand wash,
machine wash, tumble dry, and line dry. Understand the
Consequences on not washing clothes properly
- _____ Bake muffins and biscuits
- _____ Make a green salad and dressing
- _____ Do simple mending and sew on buttons
- _____ Wash the car—inside and out
- _____ Learn basic electrical repairs
- _____ Know a variety of knots