

It is never too early to start teaching children life skills. By the early ages of 3 and 4, many children are able to:

## Self-Care Skills

- ☐ Wash body with help
- ☐ Wash and dry hands with help
- ☐ Dress self with help
- ☐ Brush teeth with help

## Money Management Skills

- ☐ Identify some coins by name
- ☐ Understand that you need money to buy things

## Time Management Skills

- ☐ Focus on one task at a time
- ☐ Follow a daily schedule

## Self-Management Skills

- ☐ Identify other feelings besides sad, mad, and glad
- ☐ Express personal preferences

## Decision Making Skills

- ☐ Recognize good and bad choices
- ☐ Make a choice between two options

## Home Management Skills

- ☐ Set the table with help
- ☐ Clear dirty dishes after meals
- ☐ Clean up own spills with help
- ☐ Put trash in the trash can
- ☐ Put dirty clothes in the hamper
- ☐ Clean up toys with help

## Interpersonal Skills

- ☐ Make eye contact with others
- ☐ Follow simple directions
- ☐ Take turns with others
- ☐ Play with other kids
- ☐ Copies other kids' behaviors
- ☐ Tries to soothe peers when they are upset
- ☐ Resolve conflicts with adult help
- ☐ Use good manners

During this stage children don't need as much supervision to complete hygiene related tasks. In addition to the Ages 3-4 list, kids in this stage are also able to:

## Self-Care Skills

- ☐ Wash and dry hands independently
- ☐ Bathe with minimal supervision
- ☐ Dress self
- ☐ Brush teeth independently

## Money Management Skills

- ☐ Understand value of coins
- ☐ Know how to save money (i.e. piggy bank)

## Time Management Skills

- ☐ Complete tasks in a specified block of time using a timer

## Self-Management Skills

- ☐ Play independently
- ☐ Recognize and identify emotions

## Decision Making Skills

- ☐ Think through a problem to find a solution
- ☐ Understand right from wrong

## Home Management Skills

- ☐ Bring laundry to laundry area
- ☐ Help put clean laundry away
- ☐ Clean up toys independently
- ☐ Dust easy to reach places
- ☐ Help to vacuum
- ☐ Help empty dishwasher
- ☐ Help bring in groceries
- ☐ Help make bed

## Interpersonal Skills

- ☐ Play with one or more children
- ☐ Listen to others
- ☐ Share with friends
- ☐ Follow two or more steps directions
- ☐ Respect other people



In addition to the previous tasks, children in this age group is also able to:

## Self-Care Skills

- ☐ Bathe self without supervision

## Money Management

- ☐ Understand the monetary value of coins and bills
- ☐ Compare prices
- ☐ Open a bank account

## Time Management Skills

- ☐ Use an analog clock

## Self-Management Skills

- ☐ Notice difference between self and others
- ☐ Tie shoe laces independently
- ☐ Pick out own clothes

## Decision Making Skills

- ☐ Stop and think before acting
- ☐ Make a choice between two or more options

## Home Management Skills

- ☐ Sweep floor and use dust pan
- ☐ Use a vacuum
- ☐ Wash dishes manually
- ☐ Empty dishwasher and put away dishes
- ☐ Bring in and put away groceries
- ☐ Feed pets
- ☐ Make a sandwich
- ☐ Identify healthy and unhealthy food

## Interpersonal Skills

- ☐ Accept others' opinions
- ☐ Take turns with others
- ☐ Show concern for others
- ☐ Play respectfully with others
- ☐ Resolve conflicts independently

# Life Skills For Kids Ages 9-10

Children exhibit more independence at this stage and are eager to learn new things. In addition to the tasks on the previous stages, children ages 9-10 are also able to:

## Self-Care Skills

- ☐ Trim nails and clean ears

## Money Management Skills

- ☐ Set a budget
- ☐ Make change at store

## Time Management Skills

- ☐ Use an agenda or planner
- ☐ Complete timed assignments

## Self-Management Skills

- ☐ Make healthy eating choices
- ☐ Exercise regularly
- ☐ Learn from mistakes

## Decision Making Skills

- ☐ Think of pros and cons of different options
- ☐ Identify consequences for actions

## Home Management Skills

- ☐ Load and run dishwasher
- ☐ Empty dishwasher
- ☐ Clean out refrigerator
- ☐ Peel carrots and potatoes
- ☐ Make a menu and shopping list
- ☐ Use microwave
- ☐ Make a simple meal(mac n cheese, scrambled eggs)
- ☐ Clean bathroom
- ☐ Clean inside of a car
- ☐ Wash a car
- ☐ Organize kitchen drawers

## Interpersonal Skills

- ☐ Readily shares wants with adults
- ☐ Able to take others' perspective
- ☐ Share opinions with peers
- ☐ Show empathy and concern for other people's feelings



# Life Skills For Kids Ages 11-12

In addition to being able to complete the previous tasks, children in the 11-12 age group are also able to:

## Self-Care Skills

- ☐ Apply deodorant
- ☐ Style own hair

## Money Management Skills

- ☐ Fill out bank deposit slip
- ☐ Give money to less fortunate
- ☐ Save money to buy a desired item

## Time Management Skills

- ☐ Use a calendar or app to keep track of assignments and activities
- ☐ Follow a schedule

## Self-Management Skills

- ☐ Practice internet safety
- ☐ Stand up for self (be assertive)
- ☐ Adapt to changes

## Decision Making Skills

- ☐ Select best solution to a problem
- ☐ Analyze decision to see if it is working

## Home Management Skills

- ☐ Distinguish between good and spoiled food
- ☐ Perform basic first-aid procedures
- ☐ Repair bicycle tire and oil chain
- ☐ Clean interior of a car
- ☐ Mow lawn
- ☐ Replace light bulbs

## Interpersonal Skills

- ☐ Respond to peer pressure appropriately
- ☐ Ask peers for help

In addition to being able to complete the previous tasks, children in the 11-12 age group are also able to:

## Self-Care Skills

- ☐ Apply make-up (girls)
- ☐ Style own hair

## Money Management Skills

- ☐ Make weekly budget
- ☐ Understands difference between debit and credit card
- ☐ Prioritize expenses
- ☐ Shop for items on sale
- ☐ Use ATM and debit card

## Time Management Skills

- ☐ Complete work in assigned time frame
- ☐ Use a calendar to keep track of assignments and activities

## Self-Management Skills

- ☐ Find and keep a job
- ☐ Use public transportation

## Decision Making Skills

- ☐ Ask for help when needed

## Home Management Skills

- ☐ Read nutrition labels
- ☐ Plan and cook a well balanced meal
- ☐ Read fabric-care labels
- ☐ Use washer and dryer on own
- ☐ Iron clothes
- ☐ Fold and put away laundry
- ☐ Change a flat tire

## Interpersonal Skills

- ☐ Work cooperatively
- ☐ Develop intimate relationships

By the time your child reaches their sixteenth birthday, they should have mastered the ability to complete all previous tasks. In addition to all those tasks, they should also be able to:

## Self-Care Skills

- ☐ Take care of all hygiene needs independently

## Money Management Skills

- ☐ Understand credit score
- ☐ Understand how interest works
- ☐ Manage bank account online
- ☐ Use debit and credit cards
- ☐ Pay a bill
- ☐ Understand loans and debt

## Time Management Skills

- ☐ Use personal calendar to track assignments and appointments
- ☐ Get to work on time

## Self-Management Skills

- ☐ Make doctor's appointment
- ☐ Prepare a resume

## Decision Making Skills

- ☐ Handle emergencies (i.e. knows what to do after a car accident)

## Home Management Skills

- ☐ Change vacuum cleaner bag
- ☐ Clean oven
- ☐ Unclog drains
- ☐ Clean and organize garage

## Interpersonal Skills

- ☐ Shake hands when meeting someone
- ☐ Speak in public
- ☐ Network with other people