

Life Skills Checklist

Making Learning Meaningful.

LEARN TODAY. GROW TOMORROW.

COOKING & KITCHEN

Make a simple snack
Set the table
Help prepare a meal
Clean up after meals

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CLEANING & HOME CARE

Make my bed
Tidy my room
Vacuum / sweep
Wipe down surfaces
Load the dishwasher

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LAUNDRY

Sort lights & darks
Start the laundry
Fold clothes
Put clothes away

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PERSONAL CARE & HEALTH

Brush my teeth
Shower / bathe
Wash my face
Get dressed
Keep my space tidy

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FINANCIAL LITERACY

Identify coins & bills
Count money
Save money
Spend wisely
Track spending

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TIME MANAGEMENT

Use a schedule
Be on time
Complete tasks
Keep my promises
Plan ahead

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GARDENING & OUTDOORS

Water plants
Pull weeds
Plant seeds
Care for the garden
Learn about nature

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LIFE & SOCIAL SKILLS

Be kind
Listen well
Work as a team
Solve problems
Show gratitude

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NOTES: _____

SKILLS I WANT TO LEARN NEXT

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I am brave · I am curious · I can do hard things!

Learning Together. Growing Together.

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