

A NOTE for you!

I am so excited to share this resource with you. Whether you're a teacher or a parent (or both), I hope you'll find it helpful! As an elementary teacher and daughter of parents who made life skills a priority, I find these skills imperative for growing our children into well-rounded leaders of society!

The checklists are tools for parents to use to give ideas of life skills children can and should work on at home during this time. You will note that it says WITH ADULT SUPERVISION at the top. This is so important, because most of these tasks are new to your children, and we don't want them getting hurt. Please take time to model and "think out loud" as you work through these skills.

Also, I recommend choosing one task to focus on each day. This helps combat the overwhelm and boredom. Make it fun!

This is another reason I have also created the choice boards! I plan to create them for each season so you have new tasks to work on and your kids can choose one choice each day.

To add another fun element, you can ask your kids to try to get four-in-a-row on their choice boards, or when they fill them in all the way, you celebrate with something fun!

One more thing: even though kids may not be practicing math facts or reading, they are LEARNING SO MUCH! They are learning problem-solving, people skills, hand-eye coordination, and...life skills that will help them as they get older.

Happy learning!

LIFE SKILLS Checklist

I AM 8-12 YEARS OLD, AND WITH ADULT SUPERVISION I CAN...

- Do laundry: sort into like colors, load into washer/dryer, fold clean clothes, and iron clothes.
- Care for pet(s): wash, take for a walk, take care of waste, feed, etc.
- Cook: prepare fruit and vegetables by washing and cutting, prepare a meal, bake a treat, and wash the dishes afterward
- Clean: vacuum, wash windows/blinds, sweep, mop, clean toilets, wipe down surfaces, and put things away.
- Care for plants: water plants, mow grass, rake leaves, weed garden, and plant new plants.
- Help with the budget: learn how a budget works and help make a budget for the family or for myself.
- Write letters: write thank-you notes for gifts, write notes to friends and family to brighten their day, and make cards for nursing homes or hospitals.
- Learn how to sew: sew a button back on, hand stitch a hole closed, and learn how to use a sewing machine.
- Organize: organize toys, clothes, my desk, the pantry, the garage, etc.
- Care for people: take care of younger siblings, plan an activity for them, help a neighbor with a project, and call a grandparent or friend just because.
- Build and fix things: use tools to do small jobs around the house and build something, learn how to replace a lightbulb,
- Use my manners: make a phone call, answer a phone call, write an email, and set the table.

Life Skills CHOICE BOARD



FIX SOMETHING BROKEN	WORK ON A BUDGET	FIND A RECIPE TO TRY	WATER PLANTS
FOLD LAUNDRY	GIVE SOMEONE A PHONE CALL	WASH THE DISHES	TAKE YOUR PET OR SIBLING ON A WALK
GIVE YOUR PET A BATH	SET THE TABLE FOR DINNER	SEW ON A BUTTON	WRITE A LETTER
CREATE SOMETHING BEAUTIFUL	SWEEP THE FLOOR	HELP A FAMILY MEMBER	ORGANIZE YOUR CLOSET

