

AGES 3-4

- Get dressed
- Pick out clothes
- Put blankets on bed
- Sort laundry
- Put shoes away
- Clean up toys
- Brush teeth with help
- Put dinner plate in sink
- Snap, zipper, button

AGES 5-6

- Feed pets
- Put clothes on hangers
- Sweep floor
- Make own lunch!
- Bathe/shower alone
- Play outside unattended
- Basic kitchen skills
- Call 911
- Know address & phone
- Count & make change
- Wake to alarm clock

AGES 7-8

- Bathe/shower alone
- Create grocery list
- Fold clothes
- Know table manners
- Feed & clean pets
- Help purchase clothes
- Cooks easy recipes
- Phone etiquette (talking)
- Groom hair & clip nails
- Take out the trash

Life Skills By Age

AGES 9-10

- Cook independently
- Sharp knife skills
- Open savings/checking account
- Write thank you cards
- Does own laundry
- Take out the trash
- Buy things & price shop
- Can clean most rooms
- Simple sewing skills
- Go to mailbox to get mail

AGES 11-14

- Iron clothes
- Meal planning & cooking
- Mow lawn
- Time management skills
- Watch younger siblings
- Introduced to investing
- Perform CPR
- Interview skills
- Read nutrition labels
- Use basic hand tools
- Stay home alone

AGES 15-18

- Advanced cleaning tasks
- Basic car care & maintenance
- Use a cab or city bus
- Schedule appointments
- Job application skills
- Understand insurance
- Know how to pay bills
- Manage a bank account
- Learn to drive
- Apply for college