

# Life Skills Checklists

*by Christine Field*

Do you want your child to be prepared for the real world, but you don't know where to start? Here is an age-specific list of abilities that will serve your child well as he or she grows into an independent adult.

## ages 4-7

### Interactions with others

- ☐ Follow directions
- ☐ Learn to be a good listener
- ☐ Take turns
- ☐ Exhibit manners
- ☐ Shake hands and greet others
- ☐ Make eye contact during conversation
- ☐ Show respect for elders

### Time management

- ☐ Wake in the morning using alarm clock
- ☐ Adhere to a daily schedule
- ☐ Perform tasks with urgency when a timer is set
- ☐ Learn days of the week and months of the year

### Money management

- ☐ Know coin values
- ☐ Keep a coin purse in a safe place
- ☐ Understand that money is earned by working
- ☐ Consistently save and tithe part of allowance

### Organizing and decluttering

- ☐ Sort like items for proper storage
- ☐ Pick up toys
- ☐ Keep clothing on hooks or hangers
- ☐ Help tidy living room
- ☐ Care for belongings

### Repair and maintenance

- ☐ Wash yard toys when needed
- ☐ Help rake the yard
- ☐ Sweep patio
- ☐ Pull weeds
- ☐ Water plants
- ☐ Help wipe up spills

### Household basics

- ☐ Make bed
- ☐ Empty wastebaskets
- ☐ Dust
- ☐ Help in kitchen: stirring, ripping lettuce
- ☐ Assist with loading dishwasher, drying dishes, setting table
- ☐ Help carry and put away groceries
- ☐ Sweep floors and wipe baseboards
- ☐ Hang towels after bath
- ☐ Sort dirty clothes by color and clean clothes by family member
- ☐ Help fold towels
- ☐ Retrieve the mail or newspaper
- ☐ Help feed pets

### Healthy habits

- ☐ Dress self
- ☐ Brush teeth and wash hands
- ☐ Understand the value of exercise and good nutrition

### Decision-making skills

- ☐ Have basic understanding of choices and consequences
- ☐ Able to choose between two or three selections

# Herpers Life List A Field Checklist For The Nati

**KJ Lindholm-Leary**



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