



Skills for Developmental Ages 5-12 Checklist

HERE ARE 11 LIFE SKILL AREAS TO HELP START A CONVERSATION & ENGAGE WITH YOUR CHILD. IT'S IMPORTANT TO DISCUSS EACH ITEM ON THE CHECKLIST TOGETHER & MAKE ADJUSTMENTS THAT WORK BEST WITH YOUR FAMILY STRUCTURE. OVERALL, HAVE FUN. THIS IS A TOOL THAT CAN BE REVISITED & USED OVER TIME..

BASIC MEAL PREP

- IDENTIFY SPOILED FOOD
- USE A MICROWAVE
- MIX WET & DRY INGREDIENTS
- MAKE SANDWICH
- MEASURE INGREDIENTS
- WHAT TO DO IN THE EVENT OF AN ELECTRICAL FIRE VS GREASE FIRE
- BASIC SAFETY – I.E. HANDLES IN, CHECKING IF ALL BURNERS ARE OFF

ESSENTIAL DOMESTIC SKILLS

- USE A FIRE EXTINGUISHER
- CHECK THE FIRE ALARM BATTERIES
- MAKE FIRE ESCAPE PLAN
- VACUUM, DUST, AND SWEEP
- KEEP BEDROOM CLEAN
- CLEAN A TOILET
- TAKE OUT TRASH
- WASH AND DRY DISHES
- WIPE DOWN SURFACES

TIME MANAGEMENT

- CREATE A SCHEDULE
- IDENTIFY IMPORTANT VS URGENT TASKS
- PRIORITIZE TASKS
- ESTIMATE HOW LONG SOMETHING WILL TAKE
- SET REALISTIC EXPECTATIONS

BASIC RESPONSIBILITY

- ARRIVE ON TIME
- TASK COMPLETION
- ACTIVE LISTENING SKILLS
- MAINTAIN A CLEAN ROOM
- THROW TRASH AWAY
- PUT TOYS/ PERSONAL THINGS AWAY AFTER USE

BEING A GOOD JUDGE OF CHARACTER

- IDENTIFY PEER PRESSURE
- IDENTIFY DANGEROUS BEHAVIOR
- ASSESS HOW OTHERS MAKE THEM FEEL
- UNDERSTAND WHAT "FRIENDSHIP" MEANS
- IDENTIFY A "GOOD FRIEND"

ABILITY TO ADMIT FAULT

- PRACTICE SELF-FORGIVENESS
- ACCEPT CONSTRUCTIVE CRITICISM
- PRACTICE SAYING "I'M SORRY; I WAS WRONG"
- TAKE RESPONSIBILITY FOR MISTAKES

SOCIAL SKILLS & MANNERS

- CLEAR & SET TABLE
- WAIT FOR TURN TO SPEAK
- ACTIVELY LISTEN
- POLITELY ANSWER THE PHONE
- POLITELY ASK FOR HELP
- PROPER ETIQUETTE & MANNERS, INCLUDING HOW TO BE A HOST AND GUEST
- SET EXPECTATION OF HOW OTHERS SHOULD TREAT THEM AND HOW THEY SHOULD TREAT OTHERS

COPING W/ EMOTIONS

- IDENTIFY EMOTIONS
- PRACTICE DEEP BREATHING
- IDENTIFY WHAT HELPS CALM THEM DOWN IN A STRESSFUL SITUATION
- PRACTICE REMOVING THEMSELVES FROM EMOTIONAL SITUATIONS, ALLOW SELF TO CALM DOWN

PERSONAL HEALTHCARE

- TRIM FINGERNAILS
- WASH FACE & HANDS
- PROPERLY BRUSH TEETH & FLOSS
- PUT CLOTHES IN LAUNDRY BASKET
- CHOOSE CLOTHES FOR THE DAY
- CLEAN AND BANDAGE SMALL CUTS
- UNDERSTAND WHY DIET AND EXERCISE ARE IMPORTANT
- IDENTIFY DIFFERENT FOOD GROUPS
- PRACTICE SPEAKING TO THE DOCTOR AT MEDICAL APPOINTMENTS
- ABILITY TO IDENTIFY AN EMERGENCY
- HOW TO CALL 911

BASIC SELF-DEFENSE

- LEARN TO SWIM
- LEARN HOW TO USE A PHONE
- MEMORIZE CAREGIVER'S FULL NAME
- MEMORIZE HOME ADDRESS AND IMPORTANT PHONE NUMBERS
- IDENTIFY SITUATIONS OR PEOPLE THAT CAN BE A THREAT
- UNDERSTAND THE VALUE OF PERSONAL SPACE AND BOUNDARIES

MONEY MANAGEMENT

- UNDERSTAND INCOME VS EXPENSES
- UNDERSTAND THE BASICS OF BUDGETING
- OPEN A SAVINGS ACCOUNT WITH INTEREST
- SET SHORT TERM AND LONG TERM GOALS TO SAVE FOR