

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