



Life Skills for Children



Here are a few ideas of skills your children could be learning whilst they are at home.

Age 4

- Know address and phone number
- Know how to call 999
- Brush hair and teeth with minimal help
- Pick out clothes
- Begin swimming lessons



Age 5

- Feed pets
- Put away clean clothes
- Sweep into a pile
- Tidy the bathroom after use
- Dust low objects
- Shower with little help
- Begin saving and donating to charity
- Begin swimming independently



Age 6

- Organise drawers
- Empty the dishwasher and put away dishes
- Pour milk or juice without spilling
- Empty the rubbish
- Put away groceries
- Bathe alone
- Make a simple snack
- Make a basic packed lunch

Age 7

- Hoover
- Water the plants
- Make their bed
- Put their dirty washing in the basket
- Sort clothes by colour and check pockets
- Straighten bookshelves
- Mix, stir, and cut with a dull knife



Age 8

- Sweep with a broom and dustpan
- Fold clothes
- Put on clean sheets
- Load the dishwasher
- Take out the trash
- Weed the garden
- Read and follow a basic recipe
- Make a grocery list
- Learn simple sewing
- Count and make change
- Brush hair and teeth independently
- Trim fingernails
- Begin working on time management
- Begin music lessons



Age 9

- Load and turn on the washing machine
- Fold blankets and sheets neatly
- Organize the bathroom
- Make scrambled eggs
- Cook hot dogs
- Hammer a nail independently
- Use a screwdriver, pliers and a wrench
- Read and understand nutrition labels
- Plan a balanced, healthy meal for the family
- Answer the phone politely
- Write down a phone message
- Complete activities in a set amount of time