



LIFE SKILLS CHECKLIST

- Tying shoes
- Putting on clothing (using zippers and buttons)
- Writing a letter
- Daily organization
- Getting a snack or making light meal
- Cleaning up room (house) and making bed
- Cleaning up dishes or washing dishes
- Laundry
- Shopping at stores and comparing items
- Personal grooming and hygiene
- Basic First Aid
- Exploration hobbies and recreational activities
- Communication
- Safety Awareness (when to cross street, not touch a hot pan)
- Organization and time management
- Social skills and manners
- Setting Goals
- Decision Making skills
- Collaboration and Accountability
- Basic Financial Skills