



100 Life Skills

to intentionally teach your child



Clothing & Hygiene

- Use a zipper, snaps, and buttons
- Lace and tie shoes
- Stain treat clothes
- Use a washing machine and dryer
- Properly dress for weather/activity
- Iron clothes
- Sew on a button
- Hem pants
- Sort, fold, and put away laundry
- Know when to dry vs. hang
- Floss and brush teeth
- Choose and buy toiletries
- Wash, condition, and rinse hair
- Clip nails
- Properly wash hands

Out & About

- Meal plan and grocery shop
- Order at a restaurant
- Know tipping etiquette
- Read a boarding pass
- Know map skills
- Check out library books
- Know parking lot safety
- Pump gas
- Mail a package at post office
- Make a doctor/ dentist appointment
- Know street safety
- Have good eye contact
- Know how to talk to elderly
- Know how to interact with babies
- Be a polite guest
- Use the laundromat
- Use a parking meter
- Use an ATM
- Know elevator etiquette
- Know waiting room etiquette

In the Kitchen

- Know cooking terms (saute, steam, etc)
- Crack, hard boil, scramble, and fry eggs
- Peel fruits and vegetables
- Identify utensils (whisk, garlic press, etc)
- Use a can opener
- Clean out refrigerator
- Spread butter, jam, etc.
- Handle hot grease
- Use a blender
- Take out trash/ replace bag
- Frost a cake/ cupcakes
- Organize kitchen cabinets and pantry
- Sharpen and properly use a knife
- Know which knives to use for which foods
- Cook and drain pasta
- Grate and slice cheese
- Read and follow a recipe
- Use measuring cups and spoons
- Use a garlic press
- Make tea and coffee
- Multiply and divide a recipe
- Use kitchen timer and thermometer
- Wash dishes—dishwasher and handwash
- Unclog a sink/ dishwasher/ disposal
- Roll dough
- Use a toaster
- Mash potatoes
- Chop fruits, vegetables, and meats
- Use a stovetop and oven
- Clean stove burner
- Organize refrigerator
- Check food for expiration dates
- Know raw meat safety
- Operate a grill
- Use a microwave

Around the House

- Use a vacuum
- Change batteries
- Address and stamp an envelope
- Use a broom and dustpan
- Dust
- Clean kitchen counters
- Tidy bookshelf
- Clean a toilet, sink, and bathtub
- Use a mop
- Use a fire extinguisher
- Change a lightbulb
- Change air filters
- Plunge a toilet
- Open, close, and lock windows
- Refill soap dispensers
- Clean windows
- Set the table
- Light a candle—matches and lighter
- Know basic tool names and their use
- Care for pets
- Care for houseplants
- Know what to do in a power outage
- Use a ladder
- Care for a yard—weed, mow, etc.
- Unclog a sink and bathtub
- Hang a picture
- Assemble simple furniture
- Test a smoke alarm
- Operate a computer and printer
- Care for a garden