

# Life Skills for Kids

## PRESCHOOLERS

Kids ages 2-4 will love learning some of these fun life skills that should serve them well through childhood and into adulthood!

### In the Kitchen:

- Crack an egg
- Wash and dry the (plastic) dishes
- Make a simple sandwich
- Properly wash hands for 20 seconds with soap and water

### Around the House:

- Sort the laundry by color
- Identify what is recycling and what is trash
- Wipe up a mess they made
- Walk up and down stairs while holding the rail

### Outside:

- Put on sunscreen
- Catch a firefly in a jar
- Identify the weather and the proper clothes to wear
- Throw a ball

### For Themselves:

- Tie shoelaces
- Put on a bandaid
- Zip a jacket
- Mail a letter (seal envelope, put on stamp, put in mailbox)



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## EARLY ELEMENTARY

Kids ages 5-8 can learn some of these more advanced life skills!

### In the Kitchen:

- Boil water
- Set a table for family dinner
- Make scrambled eggs
- Replace the batteries in something

### Around the House:

- Make a phone call, especially in an emergency
- Make the bed properly
- Lock and unlock a door with a key
- Light a candle safely

### Outside:

- Use a compass
- Ride a bike without training wheels
- Identify easily-seen constellations, like Orion's Belt or the Big Dipper
- Plant and water seeds

### For Themselves:

- Floss
- Braid or style their hair
- Do a pushup (or 10!)
- Pick out their own clothes



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## LATE ELEMENTARY

Kids ages 8-10 will have a lot of fun learning to do these life skills as you prepare to send them into the tween years!

### In the Kitchen:

- Make a meal for themselves (mac and cheese, sandwich, pancakes)
- Load and unload a dishwasher properly
- Make a cup of tea
- Cut up ingredients for a salad

### Around the House:

- Operate the washer and dryer and fold the laundry
- Sew on a button
- Use a hammer and screwdriver
- Change a lightbulb

### Outside:

- Read and follow a map
- Use a pocket knife safely
- Fix a flat bike tire
- Check the tire pressure in a car tire

### For Themselves:

- Write a proper thank you note
- Iron their own clothes
- Handle/save money such as their allowance
- Introduce themselves properly with good eye contact

