My life skills

Ages 4–6

Name _____

	With help	On my own
Age 4		
Brush teeth with help	☐	☐
Get dressed	☐	☐
Wash hands	☐	☐
Put toys back in the basket	☐	☐
Hang up the coat	☐	☐
Age 5		
Make the bed (lumpy is fine)	☐	☐
Set the table	☐	☐
Clothes in the hamper	☐	☐
Feed a pet with a marked scoop	☐	☐
Age 6		
Clear own plate	☐	☐
Pack the school bag	☐	☐
Lay out tomorrow's clothes	☐	☐
Sort the recycling	☐	☐

Hand over one new skill at a time, and give it a few weeks before the next one.



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Grown-ups: try the Habibee app. Kids earn honey for their tasks and trade it for rewards.

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My life skills

Ages 7–9

Name _____

	With help	On my own
Age 7		
Teeth morning and evening, dressed and washed, with a checklist	☐	☐
Bed made, floor clear	☐	☐
Pack the school bag the night before	☐	☐
Set the table, sort the recycling, feed the pet	☐	☐
Follow a written list	☐	☐
Age 8		
Morning and evening care, mostly without reminders	☐	☐
Clean own room, fold own clothes	☐	☐
Homework at a set time	☐	☐
Clear the table, unpack groceries, help cook	☐	☐
Beat a timer for the slow step	☐	☐
Age 9		
Shower alone, start flossing	☐	☐
Put away own laundry	☐	☐
Read 20 minutes, keep a tidy desk	☐	☐
Empty the dishwasher, sweep	☐	☐
Keep one weekly commitment	☐	☐

Hand over one new skill at a time, and give it a few weeks before the next one.



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My life skills

Ages 10–12

Name _____

	With help	On my own
Age 10		
Whole morning routine, ready on time	☐	☐
Change own sheets	☐	☐
Keep track of what's due this week	☐	☐
Take out the trash, walk the dog	☐	☐
Remember one job without being told	☐	☐
Ages 11–12		
Own hygiene without prompting	☐	☐
Wash and fold own laundry	☐	☐
Spread test revision over several days	☐	☐
Load the dishwasher, wash up, cook a simple meal with a grown-up nearby	☐	☐
Plan the week with a grown-up	☐	☐

Hand over one new skill at a time, and give it a few weeks before the next one.



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