

# 8-12 YEAR OLD LIFE SKILLS- BY THIS AGE THEY SHOULD BE ABLE TO TO THESE SKILLS

[DATE]

**Any of the skills on the 4-7 list, plus**

## **Interactions with others**

- ☐ Serve others and ask, “How can I help?”
- ☐ Know how to make a good first impression
- ☐ Ask a service person for help
- ☐ Resolve conflict
- ☐ Take a phone message
- ☐ Able to compromise
- ☐ Carry on a conversation with an adult and ask clear questions
- ☐ Understand appropriate behavior according to occasion

## **Time management**

- ☐ Read an analog clock
- ☐ Rearrange tasks to stay on time
- ☐ Show concern for turning assignments in on time
- ☐ Keep a school planner of assignments
- ☐ Work through a checklist of daily tasks

## **Money management**

- ☐ Able to perform a transaction with a cashier or bank teller
- ☐ Save toward a long-term purchase
- ☐ Track spending and saving
- ☐ Identify a charitable cause to donate to
- ☐ Earn payment for extra chores

## **Organizing and decluttering**

- ☐ Keep school papers in order
- ☐ Gather supplies needed for a task
- ☐ Sort belongings and keep room tidy
- ☐ Know which materials are required for the day’s schedule

## **Repair and maintenance**

- ☐ Wash windows — inside and out
- ☐ Help wash car
- ☐ Help with yard work
- ☐ Shovel snow
- ☐ Know how to use basic tools such as hammers and screwdrivers
- ☐ Maintain a bicycle — fill tires with air, apply oil for squeaks

## **Change light bulbs**

## **Household basics**

- ☐ Follow a simple recipe
- ☐ Wash, dry and put away dishes
- ☐ Make school lunches
- ☐ Use washer and dryer
- ☐ Hang and fold laundry
- ☐ Strip and change bed linens
- ☐ Vacuum, sweep and mop
- ☐ Tidy the house
- ☐ Clean bathroom completely
- ☐ Take out trash

## **Healthy habits**

- ☐ Floss teeth
- ☐ Trim nails or file sharp edges
- ☐ Choose nutritious snacks and understand the components of a balanced meal
- ☐ Know basic first aid

## **Decision-making skills**

- ☐ Can gather facts necessary for making informed decisions
- ☐ Prioritize tasks

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- ☐ Determine the most efficient course of action  
for completing a task
- ☐ Respond to peer pressure appropriately