



See how many of these essential life skills you can learn while you're at home—don't forget to ask an adult for help with some of the more tricky ones!

- 1) Wash and dry the dishes
- 2) Help in the garden—e.g. weeding
- 3) Plant some seeds
- 4) Learn how to use the washing machine—sort the laundry, put a wash on
- 5) Fold and put away the clean clothes
- 6) Tidy your bedroom
- 7) Help prepare a meal
- 8) Load / empty the dishwasher
- 9) Make your bed— for older children try changing the duvet cover and pillowcase
- 10) Vacuuming
- 11) Dusting
- 12) Window cleaning (inside!)
- 13) Learn to touch type (<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>)
- 14) Learn your home address and telephone number
- 15) Sew a button on
- 16) Make a cup of tea / coffee
- 17) Learn to tie your shoelaces
- 18) Learn to use scissors
- 19) Clean your shoes
- 20) Learn how to make an emergency call.