

LIFE SKILLS

for confident kids & independent adults



COOKERY SKILLS

Cook 10 meals from scratch
Follow a recipe
Make basic white/tomato sauce
Basic food safety/hygiene

OUT OF THE HOUSE

Order a meal in a restaurant
Change oil and tyres on a car
Use a train/bus timetable
Read a map (not an app!)

HOUSEHOLD

Operate the washing machine
Iron a shirt
Make a bed
Turn off water/gas/electricity
Write a letter of complaint

EMOTIONAL SKILLS

Self-advocacy
Anger and stress management
Dealing with disappointment
Having a growth mindset
Positive thinking

SAFETY

Online sharing and privacy
Safe meeting of online friends
Drug and alcohol sense
CPR / Basic First Aid
Critical thinking

RELATIONSHIPS

How to disagree and apologise
Negotiation and communication
How my actions affect others
Empathy and compassion
Asking for help

CAREER

Write a CV & covering letter
Problem solving
Time management
Mind Mapping / Planning
Recognising own skills and talents

FINANCE/LEGAL

Understand credit and loans
Set up bank account & insurance
Household budgeting
Understand contracts
Register to vote