

HOMESCHOOLING

Life Skills Checklist

Use this checklist to track life skills your child is learning and practicing.
Check the box when the skill has been introduced and practiced.

CHILD'S NAME:

AGE/GRADE:

DATE STARTED:

PARENT/GUARDIAN:

DATE COMPLETED:

NOTES:



PERSONAL CARE

INTRODUCED

PRACTICED

Brush teeth & floss
Wash face & hands
Shower/bathe independently
Hair care
Use deodorant
Nail care
Get dressed appropriately
Personal hygiene basics

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HOME MANAGEMENT

INTRODUCED

PRACTICED

Make bed
Put away laundry
Fold laundry
Load/unload dishwasher
Wipe down surfaces
Vacuum/sweep/mop
Take out trash
Basic home organization

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COOKING & KITCHEN

INTRODUCED

PRACTICED

Wash fruits & vegetables
Measure ingredients
Follow a recipe
Stir, mix, whisk
Use basic kitchen tools safely
Cook simple meals
Set the table
Clean up after cooking

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FINANCIAL LITERACY

INTRODUCED

PRACTICED

Identify coins & bills
Count money
Understand wants vs. needs
Set savings goals
Track spending
Create a budget
Make change
Online payment basics

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COMMUNICATION & SOCIAL

INTRODUCED

PRACTICED

Be a good listener
Use polite words
Introduce self/confidence
Write thank you notes
Handle disagreements kindly
Understand boundaries
Public speaking basics
Empathy & kindness

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SAFETY & HEALTH

INTRODUCED

PRACTICED

Know emergency numbers
Basic first aid
Internet safety
Cross the street safely
Fire safety basics
Stranger awareness
Healthy habits
Medicine safety

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TRANSPORTATION

INTRODUCED

PRACTICED

Buckle seatbelt
Understand traffic signals
Ride a bike safely
Read a map/GPS basics
Public transportation basics
Car care basics (gas, tires, etc.)

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WORK & FUTURE READINESS

INTRODUCED

PRACTICED

Set goals
Manage time
Complete assignments on time
Work independently
Problem solve
Explore career interests

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NOTES & NEXT STEPS:

