

Life Skills by Age

Ages 2 – 3 years

- Put toys away
- Get dressed (with help)
- Put dirty clothes in washing basket
- Help to set the table for dinner
- Use a fork, spoon and butter knife
- Carry a plate to the sink after a meal
- Brush teeth and wash face (with help)
- Wipe up spills (with help)



Ages 4 – 5 years

- Perform easy cleaning tasks, e.g. dusting easy to reach places
- Help with basic washing tasks, e.g. folding socks, sorting clothes by colours
- Choosing own clothes and dressing self
- Brushing teeth, washing face, brushing hair (with minimal help)
- Make their bed
- Feed and water pets
- Say their full name, address and phone number
- Make an emergency call
- Perform basic swimming skills



Ages 6 – 7 years

- Make their bed independently
- Fold and put away clothes
- Bathe independently
- Tidy up bathroom after use
- Help with putting away grocery shopping
- Mix, stir and safely use a knife to slice foods
- Make a basic meal, e.g. sandwich
- Serve food
- Wash and put away dishes



Ages 8 – 9 years



- Complete personal hygiene tasks without being reminded
- Clean and trim nails
- Use a broom, mop and vacuum cleaner
- Perform simple sewing tasks
- Help create a grocery list
- Read a recipe and use it to prepare a simple dish
- Order their own food in a restaurant
- Take written phone messages
- Help with simple garden duties, e.g. watering, weeding
- Set an alarm and get out of bed on time
- Decide whether to give, save or spend money (with some help)

Ages 10 – 12 years

- Use the washing machine and dryer
- Iron clothes
- Change bedsheets
- Plan and prepare a meal, that requires few ingredients
- Use basic hand tools
- Mow the lawn
- Stay home alone



Ages 13 – 15 years

- Plan and prepare a meal with several ingredients
- Use the oven
- Complete cleaning or maintenance tasks, e.g. change a lightbulb
- Look after younger siblings
- Perform CPR or basic first aid
- Buy things from a shop
- Compare prices
- Use a planner for time management
- Set goals and develop a plan for achieving them





Ages 16 – 18 years

- Meal plan and prepare variety of meals
- Perform more difficult cleaning or maintenance tasks, e.g. unclogging drains
- Use a taxi service
- Read and understand medicine labels and dosages
- Make regular doctor and dentist appointments
- Fill out job application and create resume
- Interview for and get job
- Understand a variety of financial matters, e.g. how to pay bills
- Use reliable sources to check information learned from news articles. Social media, etc.