




# LIFE SKILLS 4 KIDS



It's never too early to start learning and practicing essential skills to empower children with life skills. Challenge yourself to try some skills that foster personal growth, development, and self-confidence. Each challenge presents an opportunity for young learners to acquire valuable skills that will serve them well in every aspect of life.

## Practice some Life Skills and EARN A BADGE

-  Choose a selection of challenges (or add some of your own)
-  Order your badge
-  Complete your challenges

### ORDER DETAILS

[ineedthatbadge.com/badges](https://ineedthatbadge.com/badges)

## CHALLENGE OPTIONS

### Time & Financial Management

- Show a range of times on an analogue and digital clock
- For a week, set an alarm to ensure you are on time for every event and activity
- Create a schedule for a week that shows all your activities
- Organise to complete some tasks to earn pocket money
- Learn a new number in the times table that you haven't yet mastered
- Create a savings goal and think of a fun money-saving activity (garage sale, cake stall etc)



### Food Skills

- Learn to make a simple, nutritious meal for your family
- Wash a load of dishes by hand (without the dishwasher)
- Prepare and eat some vegetables that are new to you or try a new food item
- Plant and care for a vegetable until it is ready to eat
- Make a meal for yourself in a mug or a snap-lock bag
- Bake a treat for a neighbour
- Create a chart comparing which foods should be eaten often, sometimes and rarely
- Show how to lay a table with cutlery set correctly
- Find out how much water you need to drink to stay hydrated



### Domestic Skills

- Practice threading a needle and sew on a button
- Use an electrical appliances, with supervision
- Make a list of safety hazards in your home
- Organise your bedroom and keep it tidy for a week
- Help to manually wash a car using a bucket and trigger hose
- Vacuum an area of your home that has carpet and sweep an area that has bare flooring



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- Practice securely connecting a hose to a tap
- Learn how to put air in the tyres of a bike
- Find some items you no longer need and repurpose them
- Complete a small do-it-yourself project, such as making a craft or building a birdhouse
- Take on the responsibility of caring for your pet for a month

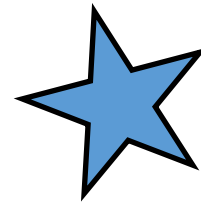


## Safety Skills

- Know your address, home phone number and a mobile phone number of a parent
- Learn now how to apply an arm sling
- Make a list of phone numbers for emergency services and other emergency phone numbers, such as friends and family
- Use a map of your home town and mark directions from your home to important services such as police, fire station etc. Add in supermarkets and other places you regularly visit
- Make a poster showing different places in your house where a fire could start and mark the appropriate exits for safety
- Make a list of safety rules enforced in your home when using the internet
- Learn a new first aid skill
- Know how to contact the emergency service and give directions to your home

## Physical, Social and Emotional Skills

- Show how to correctly address an envelope and post a letter to a friend
- Make a phone call and relay a message.
- Demonstrate effective communication by participating in a group discussion
- Give up a bad habit or unhealthy food choice for a month
- Make a list of appropriate behaviour in different settings, such as the supermarket, theatre etc
- Make a list of people you know you can rely on if you need help
- Make a list of things you are good at and other things you would like to improve
- Show an act of kindness by helping a friend or family member with a task
- Practice a mindfulness exercise to improve focus and reduce stress, such as mandala colouring, deep breaths
- Spend time learning a new skill
- Write instructions for a simple task and see how well it works when others follow the directions
- Complete some daily tasks using your non-dominant hand
- Teach a skill using a teaching resource you have made
- Increase your computer skills
- Try a new craft and share your skills with a friend
- Participate in a new or harder outdoor adventure
- Show how to tie your shoelaces
- Pack a suitcase for a weekend away from home
- Research plastic waste in your home and think of ways you can try to reduce this
- Research water usage in your home for everyday items
- Brainstorm ways to reduce or repurpose your water usage
- Start a gratitude or reflective journal and write about your daily experiences and emotions
- Practice kid-friendly yoga poses and mindfulness exercises to enhance focus, relaxation, and self-awareness



Feel free to come up with a list of your own appropriate challenges

