




TEEN LIFE SKILLS

There are many skills that are handy to have before venturing out into the world on your own. By practicing these skills early, you are giving yourself a greater opportunity of being prepared.



Practice some life skills and EARN A BADGE

-  Choose a selection of challenges to complete to try some new skills
-  Explore the ready-made resources; download and print
-  Order your badges

CHALLENGE OPTIONS

Choose some of the challenges listed taking into account your age and current skill level. Seek assistance from adults where appropriate. Or create some challenges of your own.

ORDER DETAILS

Online order at:
ineedthatbadge.com/badges
Themed ready-made resources
available to download and print

Teen Leisure

- ☐ Survive a weekend without electronic devices
- ☐ Create a music playlist of your favourite songs. Perhaps challenge yourself to create a playlist of songs that begin with the first letter of your name.
- ☐ For a week, ensure you are on time for every event and activity
- ☐ Organise a family movie night
- ☐ Earn enough money to pay for a term of your favourite out-of-school activity
- ☐ Try a new hobby that you have not tried before

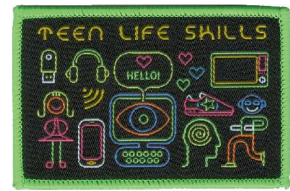


Food Skills

- ☐ Make a meal - create and prepare a nutritious meal for yourself or your family
- ☐ Make a meal using a kitchen appliance that is new to you (air fryer, microwave oven, waffle maker)
- ☐ Start making a recipe book of your favourite recipes
- ☐ Learn food safety by completing an online food safety/handling course
- ☐ Wash a load of dishes by hand (without the dishwasher)
- ☐ Learn how to correctly load and operate a dishwasher
- ☐ Prepare and eat some vegetables that are new to you or try a new food item
- ☐ Organise a food delivery (eg MenuLog, Uber Eats etc)



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Communication Skills

- ☐ Show how to pack, wrap and address a parcel for delivery
- ☐ Investigate how to gain access to local media to speak out on an issue
- ☐ Answer a phone in a professional manner. Take and relay a message.
- ☐ Be able to talk on your phone to people you do not know. Be suspicious, but not afraid. Not all unknown callers are scammers. Know when to end the call and learn some indicators to identify a scam.
- ☐ Call a venue to make a booking for a meal (ahead of time, know your preferred time, numbers and the contact details to provide)



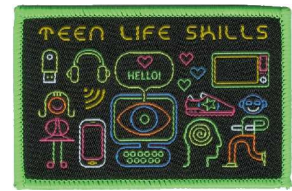
Financial Skills

- ☐ Find out about the regular ongoing expenses in your household, such as electricity, gas, telephone, internet, rates/rent, health insurance.
- ☐ Monitor money spent in a month to see how much your household spends on groceries, petrol, gifts, clothes, shoes, takeaway meals, medicines, doctors, dentist and other appointments. You may be surprised about the expenses your parents are covering. You may like to see where you can reduce costs.
- ☐ Budget for a special activity (eg holiday, decorating project etc) and make a visual storyboard of the activity. Decide how much you would be prepared to spend then research the cost of the items or services you will need.
- ☐ Look at options for applying for a part-time job whilst at school
- ☐ Research a career option that is of interest to you
- ☐ Find out how to prepare your own resume (curriculum vitae)
- ☐ If you are over 14 years old, open a bank account (with your parents' permission). Make an appointment with the bank, fill in all necessary forms etc. then monitor your spending)
- ☐ Use catalogues and magazines to make a display of "needs" and "wants". Consider what you generally spend your money on.

Laundry Skills

- ☐ Learn how to use a washing machine, how to sort and wash individual pieces (such as delicate fabric, woollen garments, whites and coloured, new clothes versus older garments etc). Take responsibility for washing and ironing for a week.
- ☐ Wash your towels and bedsheets
- ☐ Learn how to care for and extend the life of your garments
- ☐ Learn how to iron a school shirt or a school summer dress
- ☐ Make your own sewing kit (needles, a few different coloured threads, scissors, tape measure). Either take up a hem or sew on a button.

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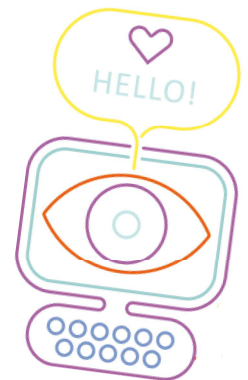
Physical, Social and Emotional Skills

- ☐ Give up a bad habit or unhealthy food choice for a month
- ☐ Make time for an activity you enjoyed as a younger child
- ☐ Create yourself an appropriate exercise routine that you can enjoy for fitness
- ☐ Research the system of being an organ donor in Australia
- ☐ Challenge yourself to an adventurous activity, perhaps with some friends
- ☐ Create some goals for yourself and try to follow through.
- ☐ Build resilience by working out some strategies for dealing with future setbacks
- ☐ Make a list of your own strengths and those you would like to work on improving
- ☐ With a group of friends, make a combined list of anything you feel you have done well during the week.
- ☐ Organise and enjoy a social activity with other teenagers
- ☐ 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
- ☐ Think about a mistake you have made in the past. Consider ways that you would now handle this differently to get a better outcome



Transport Care

- ☐ Learn how to put air in the tyres of a bike or car
- ☐ Learn how to put petrol in a car
- ☐ Learn bicycle maintenance skills – replace a chain, pump up a tyre, repair a puncture
- ☐ Learn car maintenance skills – check oil, water washer bottle, tyre air pressure
- ☐ Manually wash a car using a bucket and trigger hose
- ☐ Learn how to put air in the tyres of a car
- ☐ Plan a day trip using public transport
- ☐ Know how to top-up a MYKI card (or similar public transport card)




Safety Skills

- ☐ Make a home first-aid kit and know how to use the contents
- ☐ Complete a first-aid or CPR course
- ☐ Know how to be safe when you are at home alone and out with friends without an adult
- ☐ Make a list of products to make the home safer for children, the elderly or disabled persons
- ☐ 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, public phones, public transport and other places of relevance.
- ☐ In your own home, know how to turn off the services (water, electricity and gas)
- ☐ Make a poster showing different places in your house where a fire could start and mark the appropriate exits for safety

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Household Tasks

- ☐ Wash the floors in your home
 - ☐ Make a gadget that would be useful around the home
 - ☐ Vacuum an area of your home that has carpet and another area that has no carpet, remembering to move and replace furniture as you go. Empty and reassemble the vacuum cleaner.
 - ☐ Clean a bathroom and toilet
 - ☐ Find out about some environmentally friendly methods of making your own cleaning products. (eg www.lifestyle-a2z.com, www.handyman.net.au)
 - ☐ Learn a range of basic household maintenance skills, perhaps:
 - ☐ change a light globe
 - ☐ change batteries in a device or smoke alarm
 - ☐ change a washer in a tap
 - ☐ unblock a sink/ basin or toilet
 - ☐ hammer in a nail
 - ☐ Use electrical appliances in and around the home.
 - ☐ Make a list of all the risks around the home (overhanging branches, circuit board overload)
 - ☐ Practice using a ladder safely
 - ☐ Fix a piece of furniture or upcycle one
 - ☐ Make your own a toolbox with an assortment of handy tools (screwdrivers, hammer, spanner etc)
 - ☐ Identify the safety switches and circuit breakers in your power box
 - ☐ Learn to clean brass, copper or silver cutlery
 - ☐ Complete a backyard home maintenance task, such as mowing the lawn, weeding the garden
 - ☐ Take on the responsibility of single-handedly caring for your pet for a month
 - ☐ Assist a neighbour by caring for their home and pets while they are away (eg water the garden)
 - ☐ Complete a household maintenance task that is new to you or that is normally performed by somebody else (eg mowing the lawn, changing a tap washer, cleaning the shower, ironing)
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Feel free to come up with a list of your own personal challenges

