

For the grown-ups

Learning everyday life.

Our Life Skills printable sheets are designed to help a child aged 3 to 8 learn who they are, where they live, how to take care of themselves and how to get along with others. One sheet at a time, unhurried.



How to guide it

Sit beside your child, read the sheet aloud and let her choose where to start. If she is not writing yet, you write down what she dictates.

How long

Ten to fifteen minutes per sheet is plenty. Stop before she tires: better to come back tomorrow than to finish in tears.

What to avoid

Correcting handwriting, drawings or order. No sheet is a test — the conversation around it is what teaches.

Once it is filled in

Keep it in sight for a week and review it together. Then file it away: in a year these sheets become keepsakes.

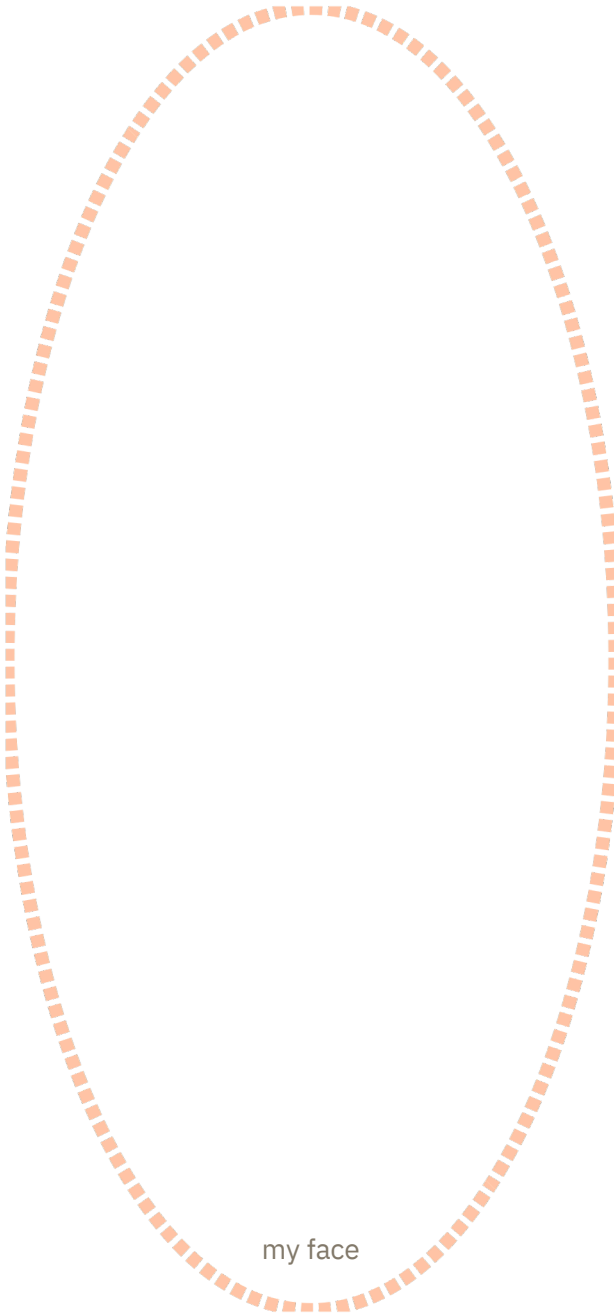
Suggested order

Start with identity sheets, move to safety once the child can say her full name, continue with self-care, and save getting along and practical life for when she is at school.



Who am I?

Draw your face in the mirror and finish the sentences about you.



Circle the words that sound like you

chatty

quiet

brave

loving

curious

funny

careful

busy

What I love doing most

.....

.....

One thing I am really good at

.....

.....

One thing I want to learn

.....

.....

My full name is

.....

Age

Height

.....



All about me

Write or draw in each box. There are no wrong answers.

My family

My favourite food

My favourite toy

My colour

My best friend

What makes me laugh

What scares me

My favourite place

What I want to be

Once it is filled in, count each square out loud to someone in your family.



Where I live

Draw your house and write the full address with a grown-up's help.



my house from outside

Street

Number

Neighbourhood

City

A landmark near my home:.....



What is your phone number?

Write one digit in each box. Then say it out loud three times without looking.
My mum's / my dad's phone number

Now again, from memory only

Who answers this phone

.....

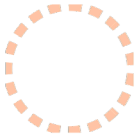
A second number, just in case

.....



My safe grown-ups

Four people you can ask for help when you are not with mum or dad. Choose them together.



draw the face

Name

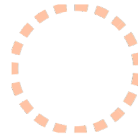
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This person is my

.....

Phone

.....



draw the face

Name

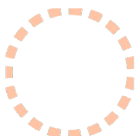
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This person is my

.....

Phone

.....



draw the face

Name

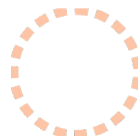
.....

This person is my

.....

Phone

.....



draw the face

Name

.....

This person is my

.....

Phone

.....

Our house rule: I only leave a place with a grown-up from this sheet.



Emergencies: who to call

We call these number sonly when someone is truly in danger. Practise the call out loud.
In the United States, one number answers all three.

911

911

911

What I say on the phone

My name is

I live on

What happened is

I am here with

Before I call, I remember to:

- ☐ breathe and speak slowly
- ☐ not hang up until they say I can
- ☐ call any grown-up nearby, if there is one



Tying my shoes

Read a step, try it on your own shoe and draw how it looked. Tick the step once you can do it by yourself.

1



Make both laces the same length.

4



Make a bunny ear with one lace.

2



Cross one lace over the other and pull it under.

5



Wrap the other lace around and push it through the little hole.

3



Pull tight: that is the first knot.

6



Pull both bunny ears at the same time.

I did it alone on

The hardest step for me was



Getting dressed on my own

Write 1 to 6 for the order you get dressed in. Then check it with a grown-up.



Underwear



T-shirt



Trousers or shorts



Socks



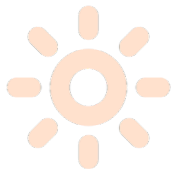
Shoes



A jacket, if it is cold

What do I wear today?

It is sunny



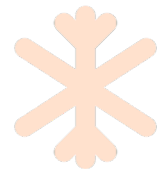
draw the outfit

It is raining



draw the outfit

It is cold



draw the outfit

Label trick: the shirt label always goes at the back, on your neck.



Brushing my teeth

Four steps, two minutes. Colour in a circle on the chart every time you brush.

1

A pea-sized dab of toothpaste.

2

Top, bottom and all the way back.

3

Brush your tongue too, gently.

4

Spit, rinse and put the brush away.

My week

DAY	MORNING	NIGHT	FLOSS
Monday	☐	☐	☐
Tuesday	☐	☐	☐
Wednesday	☐	☐	☐
Thursday	☐	☐	☐
Friday	☐	☐	☐
Saturday	☐	☐	☐
Sunday	☐	☐	☐

For grown-ups: brush alongside the child until age 7 or 8 — her hand still misses the back teeth.



Tidying my room

A whole room is daunting; one corner is not. Tick each corner as you finish it.



The bed

- ☐ straighten the sheet
- ☐ fluff the pillow
- ☐ fold the blanket



The floor

- ☐ toys in the box
- ☐ books on the shelf
- ☐ rubbish in the bin



The clothes

- ☐ dirty clothes in the basket
- ☐ shoes side by side
- ☐ backpack in its place



The desk

- ☐ pencils in the cup
- ☐ papers in a pile
- ☐ caps back on the pens

I tidied my room this week:

☐ ☐ ☐ ☐ ☐ ☐ ☐



Making new friends

Copy each sentence in the space below and practise it out loud. Then tick the ones you have used.

“Hi, I’m...”

☐

.....

.....

“Can I play with you?”

☐

.....

.....

“What do you like to play?”

☐

.....

.....

“Want to sit with me?”

☐

.....

.....

And if the answer is no? That is all right. We breathe, find another game and try again later.

A new friend this week

What we played together

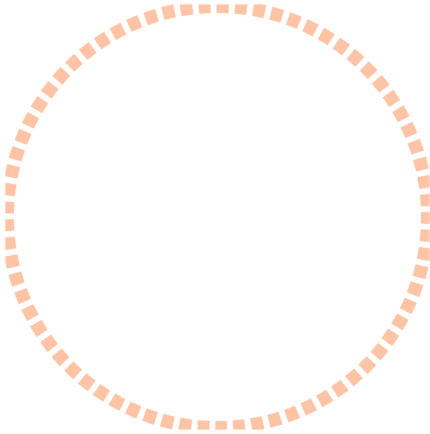
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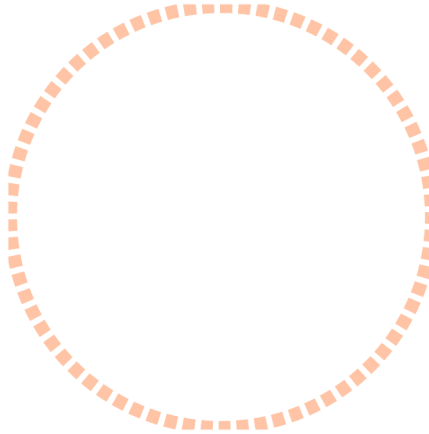


How I feel

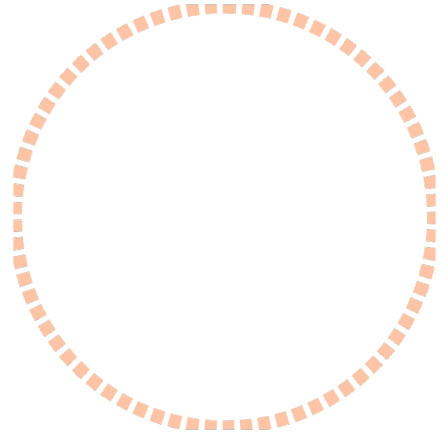
Draw the face of each feeling and write what helps you when it shows up.



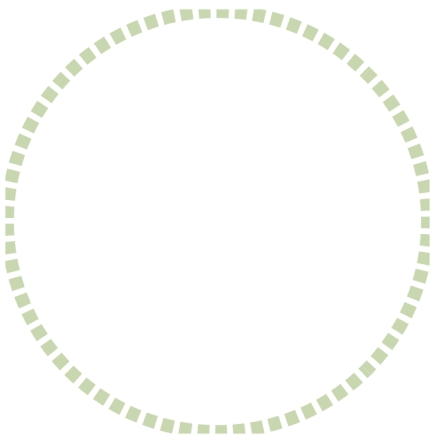
Happy



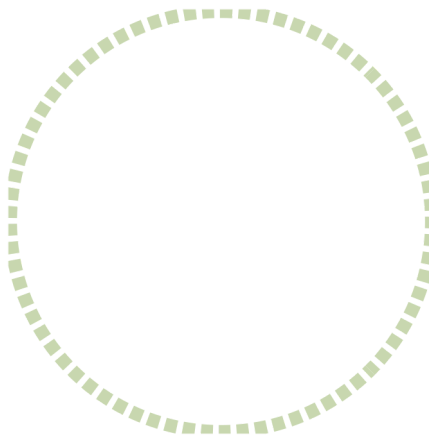
Sad



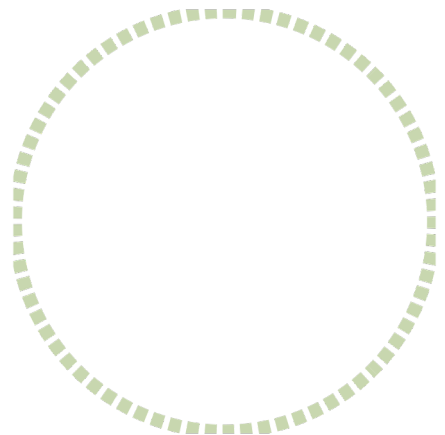
Angry



Scared



Tired



Excited

When I get angry, I

.....

When I am sad, it helps to

.....

Today I feel

.....



Manners at the table

Tick what you already do on your own and put an X on what you are still practising.

What we do

- ☐ wash hands first
- ☐ wait until everyone sits down
- ☐ say please and thank you
- ☐ chew with your mouth closed
- ☐ use the napkin
- ☐ take your plate to the sink

What we avoid

- ☐ playing with food
- ☐ talking with your mouth full
- ☐ getting up mid-meal
- ☐ complaining about someone's plate
- ☐ phones at the table
- ☐ grabbing food with dirty hands

Draw tonight's dinner table: who sits where?





My first purchases

Tape or draw the coins you have, add up the total and choose what to buy.

Dimes	Quarters	Dollar coins
		

I have in total dollars

I need

.....

.....

.....

I want

.....

.....

.....

Our deal: what I need comes first. What I want can wait until next week — and the change goes into the piggy bank.