

28 LIFE SKILLS

ideas for kids



Money & Budgeting

- Give kids \$30 and a meal to plan and buy within budget
- Save for a specific goal and track progress visually
- Play "worth it or not" when shopping
- Help kids start a small business
- Let each kid pick one cause to donate their own money to
- Use cash for some purchases so they see money leaving
- Compare two brands and decide which is the better deal
- Count the change in a jar and guess the total first

Independence

- Make a phone call to schedule an appointment
- Navigate public transport: read a schedule, buy a ticket, figure out transfers
- Hand them the grocery list and budget and wait in the car
- Plan the next family outing from start to finish
- Order food at a restaurant without a parent ordering for them
- Ask a librarian or shop clerk for help finding something
- Walk to a familiar destination alone

Home Skills

- Do their own laundry start to finish
- Cook five meals independently by age 12
- Run a treasure hunt with a hand-drawn map
- Clean a bathroom from start to finish
- Sew a button or mend a small tear
- Change a light bulb or tighten a loose screw
- Pack their own bag for a trip or school day

Thinking Skills

- Guess how long a task will take then time it
- Use the "3-before-me" rule: try three things before asking
- Hand them a broken item and let them figure it out
- Give them a real say in a portion of the family budget
- Interview a grandparent with five prepared questions
- Look at a problem from two sides before choosing

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