

13-18 YEAR OLD LIFE SKILLS

Caring for their space

13-18 year olds should be taught how to clean the home:

- Clean bath and kitchen with safe products
- Clean living room and bedroom
- Help maintain outdoor spaces like the yard and garden

Caring for their stuff

13-18 year olds should be able to take care of their belongings:

- Launder their clothes
- Keep a calendar
- Clean messes

Pet care

13-18 year olds should be to do basic pet care such as:

- Walking the dog
- Fill the food/water bowl
- Cleanup (cleaning a cage, a litter box, or dog poop)

Meals

13-18 year olds are becoming more independent in the kitchen:

- Plan meals and grocery shop
- Make meals
- Clean up afterwards

Transportation

13-18 year olds can start going out in the community with help:

- Learn driving and car maintenance
- Learn about public transportation (bus, train)
- Ride a bike and plan routes

