



Life Skills Challenge: Second, Third, Fourth, Fifth
Choose three skills below to learn and do this week

Work with a family member to plan 1 or 2 family meals. Make a list of things needed from the grocery store.	Prepare a boxed, canned, or frozen vegetable or meal with an adult.	Sort laundry. Learn how to measure laundry detergent. Wash, dry, and put away at least one load of laundry.
Look in fridge and learn what items need to be thrown away. Remove those items and wipe down the shelves.	Learn your home address and how to address an envelope. Write a letter to a family member or friend.	Make a meal for yourself that includes a meat, a vegetable, and a fruit. It can be very simple!
Clean out everything from under your bed.	Make a daily checklist of things to do each day and check them off as you complete them each day: take a bath, brush your teeth, fix your hair	Unload and put away dishes from the dishwasher. Load dirty dishes. If you don't have a dishwasher, wash and dry dishes after a meal.