



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

<p>Work with a family member to plan 1 or 2 family meals. Make a list of things needed from the grocery store.</p>	<p>Prepare a boxed, canned, or frozen vegetable or meal with an adult.</p>	<p>Sort laundry. Learn how to measure laundry detergent. Wash, dry, and put away at least one load of laundry.</p>
<p>Look in fridge and learn what items need to be thrown away. Remove those items and wipe down the shelves.</p>	<p>Learn your home address and how to address an envelope. Write a letter to a family member or friend.</p>	<p>Make a meal for yourself that includes a meat, a vegetable, and a fruit. It can be very simple!</p>
<p>Clean out everything from under your bed.</p>	<p>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</p>	<p>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.</p>