

## TEACH ME TO....LIST

NOTE: The 2<sup>nd</sup> column indicates the age to begin; the 3<sup>rd</sup> column indicates the expected age of mastery.

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### PERSONAL CARE

Pick-up toys	2	6
Undress self	2	4
Comb hair	2	5
Wash face & hands	2	5
Brush teeth	2	5
Tidy up bedroom	2	8
Dress self	3	6
Make bed	3	7
Clean and trim nails	5	10
Leave bathroom neat after use	6	10
Wash/dry own hair	7	10
Arrange for own haircuts	10	16
Purchase own grooming supplies	11	18

### CLOTHING CARE

Put dirty clothes in hamper	2	5
Put dirty clothes in wash area	4	8
Put away clean clothes	5	9
Clean own drawers	6	14
Clean own closet	6	16
Fold & separate clean laundry	8	16
Hang clothes for sun drying	8	16
Fold clothes NEATLY	8	16
Polish shoes	8	18
Wash clothes in machine	9	16
Operate clothes dryer	9	16
Clean lint trap	9	16
Shop for own clothing	11	18
Basic spot removal	12	18
Waterproof footwear	12	18
Iron clothing	12	18
Hand-wash clothing	12	18
Simple mending	12	17
Sort clothes by color, dirt, & fabric	8	18
Have clothes dry cleaned	12	18

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### HOUSEHOLD SKILLS

Clean own plate at table	2	5
Wipe up a spill	3	10
Dust furniture	3	12
Set table	3	7
Clear table	3	13
Wash table	5	10
Pick up trash in yard	4	10
Shake area rugs	4	8
Spot-clean walls	4	12
Wipe off door frames	4	12
Clean glass	4	8
Feed pets	5	10
Clean toilet	5	8
Scour sink & tub	5	12
Empty wastebaskets	4	10
Sweep porches, patios, etc.	4	10
Wipe off chairs	6	11
Know uses of various cleaners	6	14
Load dishwasher	6	12
Turn on dishwasher	2	10
Put soap in dishwasher	5	10
Empty dishwasher	6	12
Wash & dry dishes by hand	6	12
Clean combs & brushes	6	8
Clean total bathroom	6	12
Scrub or mop floor	6	1`3
Use vacuum cleaner	7	12
Use broom & dustpan	8	12
Vacuum upholstery	8	14
Vacuum draperies	8	14
Water houseplants	8	14
Fold blankets & sheets NEATLY	8	14
Make bed	6	13
Strip bed	3	8
Replace light bulbs	8	14



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### COOKING SKILLS

Know basic food groups	5	14
Recognize balanced meals	5	14
Put groceries away	6	16
Make a sandwich	6	12
Cook canned soup	7	12
Read a recipe	7	12
Measure properly	7	14
Make Jell-O	7	12
Pack a lunch	7	12
Boil eggs	7	13
Scramble eggs	9	13
Recognize spoilage	10	18
Bake a cake	10	14
Cook frozen vegetables	10	13
Cook canned foods	8	13
Make pancakes	10	17
Read labels wisely	10	15
Plan balanced meal	10	15
Prepare balanced meal	10	15
Select fresh foods	10	18
Prepare fresh foods	10	18
Bake cookies	10	16
Bake muffins & biscuits	11	17
Make tossed salad	11	15
Make hot beverages	12	16
Fry hamburger	12	16
Broil steak, etc.	12	16
Bake bread	12	17
Make fruit salad	13	15
Clean refrigerator	12	18
Defrost freezer	12	18
Make casserole	14	18
Clean oven & stove	15	18
Carve meat	15	18
Plan & shop for groceries	15	18
Cook roast & chicken	15	18
Operate outdoor grill	15	18

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### FINANCIAL SKILLS

Know monetary denominations	5	10
Freedom to use small allowance	5	12
Make change and count change	8	11
Compare quality and prices	8	12
Make bank deposit	10	18
Use a simple budget	12	18
Return item to store	14	18
Write a check	14	18
Balance checkbook	14	18
Understand bill paying	15	18
Demonstrate proper use of credit	16	18
Demonstrate tithe paying & reason	5	18
Make wise expenditures	7	18
Meet financial commitments	2	18
Understand the principal of compound interest	15	18
Demonstrate mature use of cell phone	15	18

### LAWN & GARDEN CARE

Water grass	8	14
Water outdoor plantings	8	14
Trim trees & shrubs	12	18
Weed garden	9	13
Start plantings from seeds	5	12
Plant flowers, shrubs, etc.	5	15
Plan & plot garden	10	18
Properly use garden tools	8	18
Operate rotatiller	12	18
Mow lawn	12	16
Fill mower with gas	16	16
Check mower oil	12	16
Do edging	9	13
Clean roof/gutters	15	18
Wash driveway	8	15
Clean trash containers	10	15
SAFELY operate electric trimmers, clippers, and chain saw	15	18



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### OTHER SKILLS

Make emergency call	5	12
Comprehend emergency	5	12
Know emergency first-aid	5	18
Learn to swim	5	14
Check out library book	5	10
Return library books promptly	5	10
Demonstrates knowledge of & proper usage of medicines	5	18
Plan a small party	12	18
Properly hang picture, etc.	12	18
Properly uses various paints	12	18
Paint room, furniture, etc.	12	18
Type	3	18
Demonstrates computer knowledge	5	18
Change HVAC filters	14	18
Solve landlord disputes	14	18
Understands standard legal agreements	16	18
Organize spring cleaning	15	18
Water heater maintenance	16	18
Furnace maintenance	16	18
Repair wall holes	16	18
Shampoo carpets	16	18
Clean oriental rugs	16	18
Arrange for services i.e. utilities, exterminator, etc.	12	18
Arrange own medical appointments	14	18