

Essential Skills for Daily Living

The chart below lists some essential skills that all children should learn and use regularly. Please use this list as a homework guide to help develop your child's independence and quality of life. Do not feel limited by these suggestions. Thank you for all your support at home.

Put on and tie shoes	Practice math facts	Fold laundry	Wipe down counters	Care for a pet
Play with a sibling/friends	String words together and speak in complete sentences	Use the telephone to make a phone call	Brush teeth independently	Identify family members
Get dressed independently	Play a board game	Set the table	Help prepare a meal	Make the bed
Clean his/her room	Wash dishes	Pour a drink	Bathe/shower independently	Practice sitting for extended time
Answer a question/have a conversation	Wash hands independently	Potty training/proper wiping	Comb/brush hair	Wash face
Pack/unpack schoolbag	Practice looking at pictures & turning pages in a book	Zip jacket	Practice letters/sight words	Trace/write first and last name
Color within boundaries	Identify shapes	Identify colors	Read or listen to a book	Learn/practice personal information: name, address, phone #