

## Skills for life – make a start in teenage years

### PERSONAL CARE SKILLS

Cleaning teeth  
Showering  
Hair washing  
Hair brushing and hair styles  
Make up  
Shaving  
Managing menstruation  
Checking clothing before exiting (bathroom/house)



### SOCIAL SKILLS

Hugging and touching  
Greeting politely and appropriately  
Speaking on the telephone  
Taking telephone messages

### SELF DETERMINATION

Choosing own clothes (pick your battles)  
Making choices

### LIFE SKILLS

Food preparation/cooking  
Tidying/cleaning bedroom  
Cleaning – shower/bath  
Cleaning – toilet  
Sweeping and washing floor  
Making bed  
Changing bed linen  
Washing the dishes  
Washing clothes  
Ironing and folding clothes  
Putting bins out – learning about recycling  
Learning about money values

- saving for purchases
- Costs of living – utility bills, phone bills, entertainment costs
- budgeting



### USING GADGETS

Vacuuming  
Using microwave oven  
Using stovetop (gas/electric)  
Ironing  
Using washing machine

### SAFETY SKILLS

Crossing roads  
Learning about the neighbourhood – orientation, landmarks  
Getting to know local people

### COMMUNITY SKILLS

Buying a single item  
Grocery shopping – money skills  
Travelling – public transport, walking, riding a bike

