

# Life Skills

by Rae's Creations

Requirements are progressive. To earn the Flower, do only the Flower requirements. To earn the Triangle, do all of both the Flower and Triangle requirements, etc. Must complete all requirements in each skills category for designated shape.

## Finance Skills

Flower – Learn the denominations of money from penny to dollar. Which has the greatest value? Which has the least value? Learn the difference between wants and needs. Create a chart that shows 3 wants and 3 needs. List your items from least expensive to most expensive. Explain why each item is in each category.

Triangle – Learn about saving money. Set a goal, such as \$5, and work to achieve it. What can you do to earn money to reach that goal? Keep a record of how much money you earn, and what you did to earn each amount.

Circle – Visit a bank and learn about checking and savings accounts and what the difference is. Learn about ledgers and how to add income and subtract expenses. Start a small business, such as making and selling friendship bracelets. Use your goal from the Triangle requirement as your start up money. You will need to subtract your expenses (supplies needed to start and run your business such as thread or flyers) and add your income (what you are paid for what you sell, either items or services). Run your business for at least 2 weeks and remember to keep track of all your sales and expenses in your ledger.

Rectangle 6-8 – At the end of your 2 weeks, evaluate your ledger to decide if your business was profitable or not. Was the time and money that you spent on your business justified by the profit that you made? Set a new goal from something in your “want” category. Decide if keeping your business going will help you reach that goal. If not, what other ways can help you reach your goal? Keep your ledger going with income and expenditures. Keep your receipts to make sure that you write the correct amount in your ledger. And make sure that your ledger does not go into negative numbers. If your ledger shows \$2, you cannot get something that costs \$3, even if you know that you will get another \$1 the next day. You must wait until your ledger shows that you can afford an item.

Rectangle 9-12 – Congratulations! You have successfully been keeping a check book, or ledger, for the past few weeks! And you have also been earning an income! Have you reached your “want” goal yet? Has this changed your viewpoint on the worth of the item compared to the work you have had to do to earn it? If you have not reached your goal yet, what are some ways to enhance your earnings? Is there a way to cut down on your expenses? Learn the proper way to write checks and how to keep track of them such as making sure to write them in your ledger and watching to make sure they clear the bank. If you have more money in your account than what is shown on your ledger, should you spend it? Learn about comparison shopping. Is the

most expensive version necessarily the best or is there a less expensive version that will fit into your budget? Keep working until you reach your goal!

### Laundry Skills

Flower – Learn how to sort your dirty clothes and why it is important to have them separated.

Triangle – Learn how to do a load of laundry. How much soap should you use? What setting should you use on the washer? What setting should you use on the dryer? What is a dryer sheet and why is it important? What are environmentally friendly alternatives to dryer sheets? Do a load of laundry from start to finish, including folding! Try one of the alternatives to dryer sheets that you have learned about

Circle – Learn about the different cycles of your washer. What does each cycle do and what type of materials are you supposed to use with it? Learn about how to wash delicates. What type of detergent should you use for delicates? What other types of cleaners can you use with your washer? What is fabric softener and what does it do?

Rectangle 6-8 – Now that you know how to do laundry, learn how to iron. What do you need to iron your clothing? What types of irons are there and what do they do? What are some tricks that you can learn about how to iron a sleeve? A collar? Pants? What is starch and why is it used?

Rectangle 9-12 – Visit a dry-cleaners in your area and learn about different fabrics and how they are cleaned and treated. Learn about how letterman jackets are cleaned and what is done to treat the body of the jacket versus the sleeves of the jacket. What is the difference between dry cleaning and washing clothes at home? Learn how to wash and dry a comforter, fold a fitted sheet, and how to “wash” tennis shoes at home. What tricks have your adults learned that can help you?

### Meal Skills

Flower – Make a simple meal for yourself such as a sandwich and fruit. What gadgets around the kitchen can help you make your meal such as slicing an apple or a cucumber without using a knife?

Triangle – Learn how to measure out ingredients and follow a recipe. Help your adult make a food item such as a cake or cupcakes, that requires both wet and dry ingredients. Learn about safety steps to properly work in the kitchen.

Circle – Learn about microwave cooking. Find 2 recipes to make a meal in a coffee mug and make those meals.

Rectangle 6-8 – Plan and prepare a simple meal that you can make using either the oven or the stove. Try to do this as independently as possible, with your adult there only for supervision.

Rectangle 9-12 – Plan and prepare a dinner for your family. Make sure to have a well-balanced meal planned that includes all of the major food groups. Talk to your adult about you making dinner once a week.

### Motor Vehicle Skills

Flower – Learn why it is important to wear your safety belt at all times while in a motor vehicle. Remind others about their safety belts if they forget. Learn about vehicle emergency kits. Create a poster of what you think should be in your emergency kit and talk to your adult about creating one.

Triangle – Learn about tires. Why are tires so important? How do you check the air pressure in a tire? How do you add air if a tire is low? What are treads on a tire and why are the treads important? Visit a local tire shop in your area and see how they check tires, plug holes in tires, and remove tires from their rims.

Circle – Learn about the important vehicle fluids such as oil, anti-freeze, and transmission fluid. Why are these fluids important? What other fluids are in a vehicle? Learn where each fluid reservoir is in your engine and how to check their levels. Learn how to add fluid when it is needed.

Rectangle 6-8 – Learn how to change a tire. Learn where the spare tire is located on your vehicle and how to access it. Learn how to properly place and use a jack with your adult. What is a lug wrench? What is a 4-way and why is it different? What is a lug nut? What is a wheel lock and what do you need to remove it? Demonstrate what you have learned.

Rectangle 9-12 – Learn how to change the oil in your vehicle. Visit your local auto-parts store and learn which oil filter is made for your vehicle. Can you use a different one? What does an oil filter do? Learn what oil is recommended for your vehicle, such as 5W-30, and learn what those numbers and letters mean. How much oil does your vehicle hold? What do you do with the old oil that you remove? Once you have learned the information and supplies that you will need, with adult supervision, change the oil in your vehicle.

### Home Skills

Flower – Learn how to hang a picture on the wall. Using what ever method your adult approves of, hang a picture leveled and centered.

Triangle – Learn how to properly do the dishes. Do you have a dishwasher or does your household wash by hand? Do you have to pre-wash your dishes before putting them in the dishwasher? How do you sanitize your dishes if you wash them by hand? What detergent do you use? What is the difference between powder and gel? What other kinds of additions can you add to make your dishes sparkly clean? Learn how to put up the dishes properly.

Circle – Make a calendar to hang on the wall where your family can see it that organizes everyone in your household’s schedules. Include work, school, sports, extra-curricular activities, doctor appointments, birthday parties, and anything else that is important to your household’s day to day events. If your adult already does this, see if you can help them and what you could add.

Rectangle 6-8 – Learn how to clean your restroom. How do you unclog a toilet? What is a plunger? Are there different kinds? And what do they do? How do you remove soap scum? What is soap scum? How do you wash the inside-underside of the toilet bowl? Is there a special brush you can use? What kinds of cleaners can you use? What should you not use? What dangers are there in cleaning your restroom? What steps can you take to avoid those dangers?

Rectangle 9-12 – Learn how to clean a kitchen. What kinds of cleaners do you use? What kinds of ovens are there? What do you use to clean the oven? Is your stove-top ceramic, induction or coil, and what are the differences? Is it gas or electric and why does that matter? What do you use to clean the different stove-tops? Are you supposed to clean your dishwasher? If so, how do you do that? What kinds of cleaners should you not use? What dangers are there in cleaning your kitchen? What steps can you take to avoid those dangers?