

ARE YOU ADULTING?

Basic Life Skills:

- I know my family's phone numbers by memory
- I know my mailing address
- I know where my birth certificate, social security card, and other important documents are
- I know how to separate and wash clothes and laundry
- I know how to fold laundry
- I know how to use a washer and a dryer
- I know how to use basic kitchen appliances (coffee maker, toaster oven, blender, etc...)
- I know how to use a stove
- I know how to use an oven
- I know how to cook at least 3 basic meals (scrambled eggs, grilled chicken, vegetables, etc..)
- I know how to properly clean a bathroom/toilet
- I know how to unclog a toilet
- I know how to wash dishes
- I know how to use a vacuum
- I know how to make a bed
- I know how to sweep and mop
- I know what cleaning products to use and which to avoid
- I know how to use tools such as a hammer and screwdriver
- I know how to change a lightbulb
- I know how to go grocery shopping
- I know how to store food
- I know how to use public transportation
- I know how to drive
- I know how to use a map
- I know how to change a tire
- I know how to fill up a gas tank
- I know how to fill out an application
- I know how to apply for a driver's license and/or passport.
- I know how to budget my money
- I know how to open a bank account
- I know how to calculate a tip (at restaurants, etc.)
- I know how to deposit a check
- I know how to write a check
- I know how to use a debit card
- I know how to use a credit card responsibly
- I know how/when to do my taxes
- I know how/when to pay bills
- I know when rent is due
- I know how to make a doctor's appointment
- I know how to tie a tie
- I know how to iron clothing
- I know how to sew a button
- I know how to book a flight/train/bus ticket
- I know how to pack a suitcase
- I know what to do if I hurt myself (basic first aid)
- I am safety conscious
- I am aware of my surroundings
- I know where my medical information is