

Little Life Skills



20 Simple Life Skills to Build Confidence at Home

Small skills today. Confident, capable children tomorrow. 

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| ☐ Make your bed (or help make it) | ☐ Zip up your jacket |
| ☐ Put dirty clothes in the laundry basket | ☐ Wash your hands properly |
| ☐ Brush your teeth without being reminded | ☐ Pour yourself a drink |
| ☐ Put your shoes on independently | ☐ Help prepare a snack |
| ☐ Pack away your toys after playing | ☐ Put books back on the shelf |
| ☐ Water a plant | ☐ Wipe the table after eating |
| ☐ Feed a pet (with an adult) | ☐ Help unpack the groceries |
| ☐ Carry your plate to the sink | ☐ Say 'please' and 'thank you' today |
| ☐ Match and fold socks | |
| ☐ Pack your own backpack | |



CELEBRATE THE LITTLE WINS

This week my child was proud because... 



We celebrated by...

GROWING TOGETHER

Remember... 

Life skills aren't about doing everything perfectly.

They're about giving children opportunities to practise, make mistakes, build confidence and become more independent—one small step at a time.

Every little achievement deserves celebrating. 

