

Life Skills: Household Skills

Ask an adult in your house if you can help with a task that has multiple steps that you have never done or don't usually do. Some good tasks might be doing the laundry, cooking a meal, or cleaning the kitchen or bathroom. After you complete the task, answer the questions below.

1. What task did you choose? Who normally does that task in your home?
2. What were the steps in your task?
3. Did you learn anything you didn't know about how to do that task? If so, what?
4. Do you think you could do that task by yourself in the future or do you need more practice?
5. Will you offer to help with this task in the future? Why or why not?