

Name Life Skills K-12

Date _____

1 Communication

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
a I ask for help when I need it.					ALL
b I tell my problems to an adult.					ALL
c I use good manners when I eat.					ALL
d I pay attention when others talk.					ALL
e I am polite to adults.					ALL
f I tell others how I feel.					ALL
g I return what I borrow.					ALL
h I stay out of trouble.					ALL
i I help others.					ALL
j I can get mad without hurting others.					ALL

2 Daily Living

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
a I can give directions to where I live.		K-3			4-12
b I know if I get the right change back at the store.		K-3			4-12
c I know what something costs before I buy it.		K-3			4-12
d I can find my city or town on a map.					ALL
e I help make family meals.					ALL

3 Home Life

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
a I can lock the doors and windows where I live.					ALL
b I can do laundry.		K-3			4-12
c I can fix meals for myself on my own.			K-3		4-12

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4 Self-Care

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
a I can say what happens if you smoke.					ALL
b I can say why you should not use drugs.					ALL
c I can tell how to prevent AIDS.	K-5				6-12
d I can call 911 or 911 in an emergency.					ALL
e I can tell how to use the fire extinguisher where I live.		K-3		4-5	6-12
f I can tell how girls get pregnant.	K-5			e	6-12
g If I don't want to be touched, I can say "no."					ALL

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5 Work and Study Skills

Are the following statements like me	No	Mostly No	Somewhat	Mostly Yes	Yes
a I work well with others.					ALL
b I get my work done on time.					ALL
c I work well by myself.		K-3		4-5	6-12
d I check over my school work.					ALL



Are the following statements like me		No	Mostly No	Somewhat	Mostly Yes	Yes
e	I follow directions.					ALL
f	I think about how my choices affect others.					ALL
g	I can turn on a computer.			K-3		4-12
h	I use a keyboard and a mouse with a computer.					ALL

