

BASIC LIFE SKILLS:

BEING RESPONSIBLE FOR YOURSELF AND ACTING YOUR AGE

MORNING ROUTINE

- WAKE YOURSELF UP (ON TIME!)
- BATHROOM
- WASH FACE, BRUSH TEETH
- GET DRESSED
- EAT BREAKFAST
- PACK BAG
- OUT THE DOOR (ON TIME!)

AFTERNOON ROUTINE

- SNACK
- DO HOMEWORK
- UNWIND WITH ENTERTAINMENT FOR A LIMITED TIME
- TRANSITION FROM ENTERTAINMENT TO HOMEWORK
- COMPLETE HOMEWORK DUE THE NEXT DAY
- EAT DINNER
- STUDY FOR QUIZZES, TESTS
- ORGANIZE SHORT/LONG TERM PROJECTS (PLANNING AHEAD)
- ORGANIZE AND PACK BAG FOR NEXT DAY
- GET TO BED (LIGHTS OUT, HEAD ON PILLOW, EYES CLOSED, NO SCREENS)

BASIC LIFE SKILLS:

- HOUSEHOLD CHORES (CLEANING ROOM, TAKING OUT GARBAGE, DISHES, PUTTING STUFF AWAY)
- TAKING CARE OF YOUR STUFF (CLOTHES, SHOES, GAMES, ELECTRONICS)
- PERSONAL HYGIENE (TAKING A SHOWER, BRUSHING TEETH, PUTTING ON CLEAN CLOTHES, EATING HEALTHY)
- PUTTING YOURSELF TO BED AND GETTING A GOOD NIGHT OF SLEEP
- WAKING YOURSELF UP WITHOUT MOMMY/DADDY

- IF YOU WANT A SMARTPHONE, YOU SHOULD BE ABLE TO DO EVERY SINGLE THING ON THIS LIST.
- IF YOU WANT TO PROVE TO YOUR PARENTS YOU ARE RESPONSIBLE ENOUGH TO MANAGE A SMARTPHONE, YOU SHOULD DO EVERYTHING ON THIS LIST ON YOUR OWN, WITHOUT YOUR PARENTS ARGUING WITH YOU ABOUT IT.
- IF YOU CAN'T DO THESE THINGS, YOU ARE NOT MATURE ENOUGH YET TO HAVE A SMARTPHONE.

YOU SHOULD LEARN THESE SKILLS HERE BY 4TH-5TH GRADE. IF NOT, YOU ARE BEHIND.

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

COLLEGE +

AGE 10-12

AGE 12-14

AGE 14-18

AGE 18-25