

25 EVERYDAY LIFE SKILLS

LIFE SKILLS HEROES | Learn - Try - Grow

MY LITTLE LIFE HERO BOOK

25 mini missions for confident, kind children

Self-care | Responsibility | Kindness

Smart Thinking | Safety

Name: _____

HEALTHY HABITS

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MISSION 1: Wash My Hands

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 2: Brush My Teeth

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 3: Get Dressed

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 4: Healthy Snack Plate

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 5: My Daily Routine

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

I CAN DO IT MYSELF

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MISSION 6: Pack My School Bag

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 7: Put Away Toys

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 8: Fold My Clothes

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 9: Help at Home

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 10: Sort and Organise

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

KINDNESS AND FRIENDSHIP

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MISSION 11: Use Magic Words

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 12: Listen and Draw

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 13: Name My Feelings

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 14: Ask for Help

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 15: Build Together

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

SMART THINKING

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MISSION 16: Stop Think Choose

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 17: Spot Safety Hazards

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 18: Solve a Problem

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 19: Needs and Wants

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 20: Play Shop

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MY WONDERFUL WORLD

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MISSION 21: Set the Table

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 22: Care for a Plant

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 23: Community Helpers

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 24: Kindness Mission

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MISSION 25: My Independent Day

Try this skill in a safe, age-appropriate way.

☐ I tried it ☐ I asked for help

MY LIFE HERO REFLECTION

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My favourite mission was:

A new skill I want to practise:

One kind thing I can do tomorrow:
