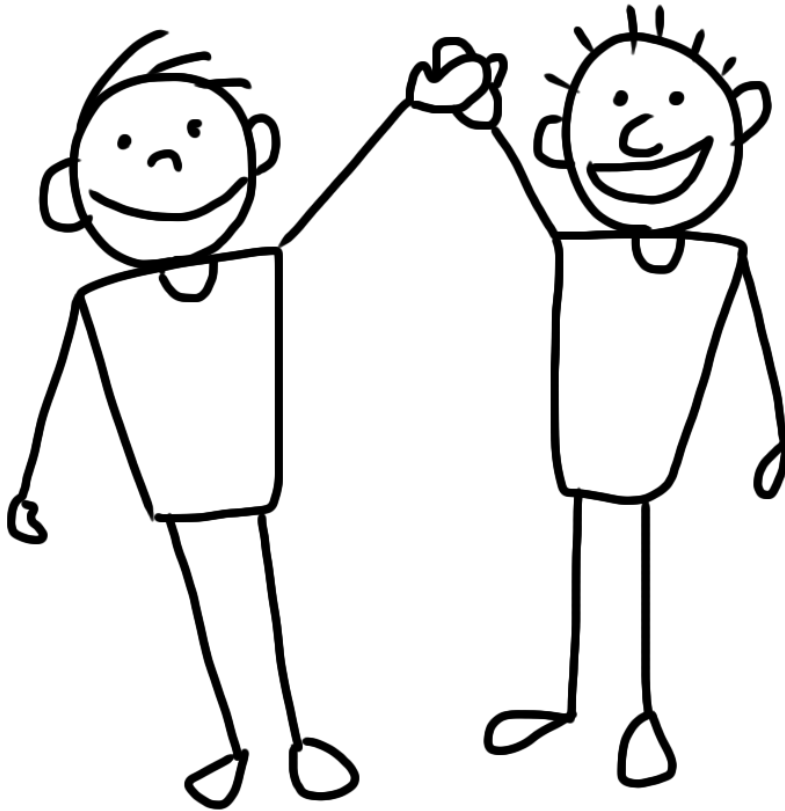


# Life Skills



**Grocery Shopping**

**Home Safety**

**Laundry Care**

**Restaurant Etiquette**

**Dining Etiquette**

**Seat Belt Safety**

**Sorting Laundry**

**Pet Care**

**Restroom Etiquette**

**Cleaning House**

**Doing Chores**

**Calling 911**

**Calling in Sick**

# Grocery Shopping Name \_\_\_\_\_



If you want food in your home, you are going to have to go to a grocery store.

There are a variety of stores to choose from where you live. Some people choose stores because of their location, others may choose a store because of their low prices.

See if you can name the stores below.

Walmart

VONS



COSTCO  
WHOLESALE

WinCo  
FOODS




FOODMAX

What store does your family shop at? \_\_\_\_\_

Most likely you will be on a budget when shopping for food. A budget is a plan you come up with on how you will spend your money. You may only have a small amount of money each week to pay for food and household items. The best way to keep your grocery bill low is to **shop the sales**, use **coupons** and buy **generic or store** brand products.

The price of items can vary from store to store. Most stores carry the same products, but will charge different prices. A box of cheerios at **WinCo FOODS** may cost you \$2.50. The same box of Cheerios at **COSTCO WHOLESALE** might cost \$3.00.

Grocery stores also carry a variety of brands. If you were to go to the soda section of your store, you would find many different brands available with a variety of different prices.

			Look at the price of 3 different brands of sodas on the left.	
<p>\$1.15</p> <p>Brand A</p>	<p>\$1.99</p> <p>Brand B</p>	<p>\$1.09</p> <p>Brand C</p>	<p>Brand C is how many cents cheaper than brand A?</p> <p>Brand A    \$1.15</p> <p>Brand C   - \$1.09</p> <hr/> <p>Total =    \$</p>	<p>Brand B is how many cents more than brand C?</p> <p>Brand B    \$</p> <p>Brand C   - \$</p> <hr/> <p>Total =    \$</p>
<p>3. Which brand is cheapest? _____ How much _____</p>				
<p>4. Which brand is the most expensive? _____ How much _____</p>				

Remember: The best way to save money is to shop the \_\_\_\_\_, clip \_\_\_\_\_, and buy \_\_\_\_\_ brand products!

# Home Safety



Name \_\_\_\_\_

Keeping your family safe is very important!

*Hundreds of accidents happen everyday at home.*

Common hazards:

- ✓ Drowning
- ✓ Falling
- ✓ Burns
- ✓ Poisonings
- ✓ Choking
- ✓ Fires

*One way to prevent accidents is to be prepared! Recognize where most hazards happen and take steps to prevent them.*

*How can we prepare for, or prevent accidents from happening?*

Drowning:

1. \_\_\_\_\_
2. \_\_\_\_\_

Falls:

1. \_\_\_\_\_
2. \_\_\_\_\_

Burns:

1. \_\_\_\_\_
2. \_\_\_\_\_

Poisonings:

1. \_\_\_\_\_
2. \_\_\_\_\_

Choking:

1. \_\_\_\_\_
2. \_\_\_\_\_

Fires:

1. \_\_\_\_\_
2. \_\_\_\_\_

# Laundry



Name \_\_\_\_\_

Some people have washers and dryers in their home to keep their clothes clean. Other people go to a laundromat to wash and dry their clothes. A laundromat is a business with washers and dryers that people can use for a small fee.

Doing laundry is easy if you follow a few easy tips.

1. First thing you should do is sort your laundry into separate piles of dark colors and whites. Dark colors can bleed onto your whites and ruin them.
2. Check all your pockets to make sure you didn't leave anything in them. One pen or piece of candy left in your clothes can ruin a whole load of laundry.
3. Use the measuring cap or cup found in your detergent to add soap. Add your clothes.
4. Set the washer on the appropriate setting. (Have your parents show which one to use)
5. Close the lid and start the washer.

7. When the clothes are finished washing you will need to put them in the dryer to dry. Add a fabric softener sheet at this time. Also make sure to clean the lint tray. If you don't have a dryer, you can hang your clothes to dry.



8. Once your clothes are completely dry, remove them from the dryer or line and fold your clean laundry and put it away.

9. Some of your clothes may need to be ironed if they are wrinkled. Be sure to ask your parents to help you with the iron. The iron is very hot and can burn you.



1. What can happen if we don't sort our laundry? \_\_\_\_\_
2. If my dryer breaks, I can \_\_\_\_\_
3. After you fold your laundry you need to \_\_\_\_\_
4. What should we do before using the iron? \_\_\_\_\_

# Restaurant Etiquette

Name \_\_\_\_\_

Most people love to go out to eat at restaurants. Lists some restaurants that you enjoy going to below:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

When we eat at restaurants we need to act appropriately. Here are some tips we need to follow:

1. Listen politely to the server when they are telling you the specials and taking your order.
2. Stay in your seat unless you **MUST** get up.
3. Order clearly and accurately, so the server will know what you want.
4. Use your manners, say **PLEASE** and **THANK YOU** during the meal.
5. Keep your napkin in your lap.
6. Use your napkin, do not wipe your mouth on your sleeve or hand.
7. Use the utensils when needed.
8. Chew with your mouth closed, and speak after you have swallowed.
9. Do not shove large amounts of food into your mouth at once.
10. Do not drink with a mouth full of food.
11. Do not rush, eat at a relaxed pace.
12. Participate in table conversation, but do not interrupt others.



## True or False

1. I should keep my napkin on the table while I am eating	true	false
2. I should say thank you to the waiter EVERYTIME he brings me something	true	false
3. I can talk to mom and dad with food in my mouth because we are family	true	false
4. If I am done eating, I can walk around and check out the restaurant	true	false
5. I should use a indoor voice so I do not bother other people around me	true	false

# Dining Etiquette

*It is important to make a good impression at mealtime.  
Etiquette is defined as the rules for socially acceptable behavior.*

**Is it good manners to read the newspaper at the table?**

1. \_\_\_ Only if you are willing to share
2. \_\_\_ No, reading at the dinner table is a social no, no
3. \_\_\_ Yes, as long as you keep it neatly folded

**At dinner, when should you start eating?**

1. \_\_\_ When everyone has been served their food
2. \_\_\_ When the host or parent starts eating
3. \_\_\_ As soon as you are served your food

**When is it ok to put your elbows on the table?**

1. \_\_\_ After everyone has finished eating
2. \_\_\_ While you are eating
3. \_\_\_ Never

**During a meal you need to use the bathroom, what should you do?**

1. \_\_\_ Announce your going to the bathroom
2. \_\_\_ Say "excuse me, I will be right back"
3. \_\_\_ Say nothing, just leave
4. \_\_\_ Sit quietly and hold it until the meal is over

**When you are not eating, where should you keep your hands?**

1. \_\_\_ In your pocket
2. \_\_\_ Keep them busy, drum up a little tune with your fingers
3. \_\_\_ In your lap, or resting on the table

**At the table, DO.....**

Say please  
Wait your turn  
Put your napkin in your lap  
Clean up your mess  
Say "thank you"

**At the table, DON'T.....**

Blow your nose  
Pass gas  
Burp loudly  
Say "yuck"  
Interrupt



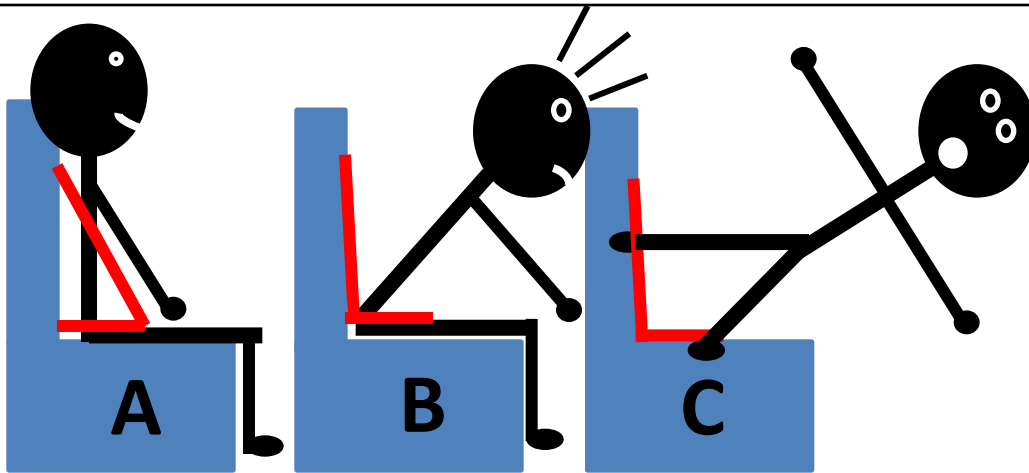
**Do not bring electronic devices to the meal table.**

**Use this time to visit and connect with friends and family**

# Seat Belt Safety Name \_\_\_\_\_

When riding in a school bus or car,  
**EVERYONE**  
needs to wear a seat belt!

Seat belts are placed in vehicles to protect us in case of an accident. Seat belts must be worn correctly or they will not work properly. Some vehicles come with shoulder belts along with lap belts. Shoulder belts are what keep you secure against the back of the seat if you were to be involved in an accident.



Uh -  
Oh!!!

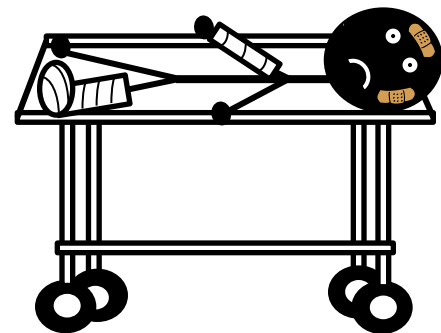
Look at the passengers above. Who is wearing his seat belt correctly? \_\_\_\_\_

**Passenger A** is wearing both his lap belt and his shoulder belt correctly. In an accident, passenger A will be held in his seat and be less likely to be injured .

**Passenger B** is wearing his lap belt but not his shoulder belt. In an accident the top part of his body will bend forward, likely causing him to hit his head on the seat in front of him or the dashboard of the car. He will most likely end up with an injury.

**Passenger C** has decided not to wear his seat belt at all. In an accident passenger C has nothing to hold him in his seat. He will likely be ejected from his seat and possibly from the vehicle. Passenger C will probably have major injuries that will require him to go to the hospital. He could also DIE.

In an accident, which passenger would you want to be? \_\_\_\_\_

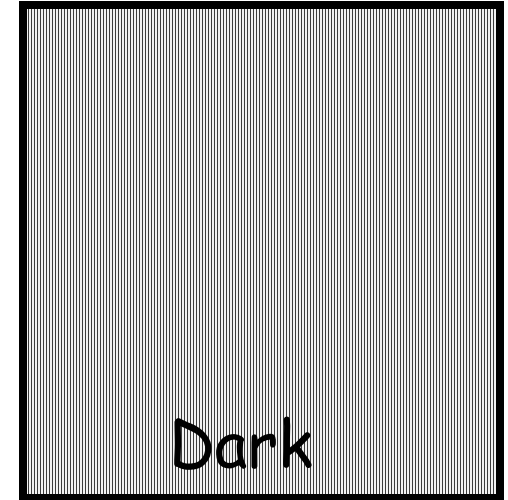
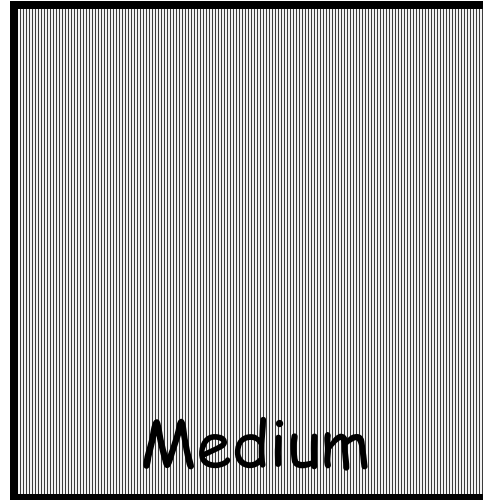
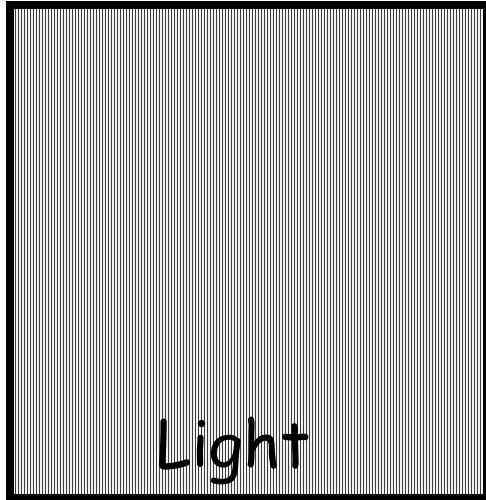


**It's the law BUCKLE UP!**



# Sorting Laundry

Cut out each laundry piece. Paste it in the correct laundry basket





# Pet Care



Name \_\_\_\_\_

Many people have pets in their home. Pets are fun to play with and can be good companions.

List pets that people may have in their homes.



1. \_\_\_\_\_

5. \_\_\_\_\_

2. \_\_\_\_\_

6. \_\_\_\_\_

3. \_\_\_\_\_

7. \_\_\_\_\_

4. \_\_\_\_\_

8. \_\_\_\_\_

If you own a pet, you must be able to take care of them. It can cost a lot of money to take care of a pet.

What items would you need to provide for each of the pets below.

Dog 

Cat 

Bird 

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Pets also require us to do chores to keep them happy.

What chores would you have to do to take care of your pet?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_





# Public Restrooms

Name \_\_\_\_\_

There are rules we must follow when using a public restroom.

Where can I find a public restroom?

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

## Bathroom rules:

### Do:

1. DO wait as far back as you can for an open urinal
2. DO use the urinal furthest away from others
3. DO look straight ahead or down while urinating
4. DO flush the urinal when you are done
5. DO clean up after yourself if you make a mess
6. DO wash your hands



### Do not:

1. DO NOT touch anybody
2. DO NOT peak at your neighbor
3. DO NOT talk to the person next to you
4. DO NOT pull your pants down below your bottom
5. DO NOT linger, finish your business and leave
6. DO NOT look over the wall



What urinal should you use? Why? Circle your answer

- |    |   |   |   |   |   |   |
|----|---|---|---|---|---|---|
| 1. |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |

# Cleaning House

Name \_\_\_\_\_



**Why is it important to have a clean home?** You may want company over sometime, and don't want to be embarrassed by a messy house. Having a clean home will also help keep bugs from entering. Dust and molds in our home can make us sick as well. It is the responsibility of the whole house to work together to accomplish having a clean, safe home for everyone to live in.

**Kitchen:** The kitchen is where we prepare and eat food. It is important that our kitchen be as clean as possible. Unclean kitchens will attract bugs that will get into your food.

What are some things we need to clean to keep a kitchen safe from bugs?

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Supplies: \_\_\_\_\_

**Bathroom:** Nobody likes cleaning a bathroom, but it is a must. Guests in our home may need to use our bathroom, and we need them to be free of germs and molds.

What parts of a bathroom do we need to clean?

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Supplies: \_\_\_\_\_

**Bedrooms:** Our bedrooms should be a place of relaxation and peace. It is hard to feel comfortable in our bedrooms if they are a mess.

What can we do in our bedrooms to make them clutter free and clean?

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Supplies: \_\_\_\_\_

**Additional Living Spaces:** All living spaces in your home need to be kept clean and clutter free. These areas can include entry ways, hallways, living and family rooms. It is even important to keep the outside of our home clean. A clean home will keep my family safe and keep my home free of bugs, germs and molds that can harm us.

# Doing Chores

Name \_\_\_\_\_



Nobody likes to do chores, but someone has got to do them. If no one did the chores, your house would be very messy. If you have a pet, and no one feeds him or cleans up after him, he would be very sad. It is not your parents responsibility to do all the chores.



EVERYONE who lives in a home needs to pitch in and help out!

List some common household chores:

1. _____	5. _____	9. _____
2. _____	6. _____	10. _____
3. _____	7. _____	11. _____
4. _____	8. _____	12. _____



List 3 people in your house, and their chores.

1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____

Fill in the blank:

1. Everyone in a family should help do the \_\_\_\_\_!
2. If we don't do chores our house will get very \_\_\_\_\_!
3. Our pets will be \_\_\_\_\_ if we don't do our chores to help them.
4. Who's responsibility is it to do chores in a household? \_\_\_\_\_.

If everyone helps out , there will be more time for fun activities!

# When to Call 911

Name \_\_\_\_\_

Calling 911 immediately when you think someone is badly hurt, sick or in danger, connects you with emergency dispatch operators and paramedics who are professionally trained to handle the situation.

WHAT IS A TRUE MEDICAL EMERGENCY? Ask yourself:

1. Is the victim's condition life or limb threatening?
2. Could the victim's condition worsen on the way to the hospital?
3. Could moving the victim cause further injury?



Examples of EMERGENCY situations:

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

DO NOT CALL 911 FOR NON-EMERGENCY TRANSPORTATION. Doing so can keep the 911 operators from helping people in a life or death situation.

Examples of NON-EMERGENCY situations

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

When you call 911

1. Describe the emergency; speak slowly and calmly
2. Give your name and phone number
3. Give exact location/address and nearby landmarks
4. Give name, age and number of patient(s), if known
5. Follow the dispatcher's instructions and answer all questions
6. Don't hang up until you are told to do so
7. Don't leave the scene until help arrives

**When in doubt, don't  
guess, CALL 911!**

# Calling in Sick

Name \_\_\_\_\_

There are many reasons why someone may have to miss work or school.

Name 6 reasons below:



1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

There are also reasons that are NOT acceptable.

Name 4 reasons below:



1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

As an adult, it is my responsibility to call my work or school  
if I will not be able to attend.

## Tips for calling in:

1. Make sure to tell the person who you are - "Hi, this is Bob"
2. Explain that you will not be coming in and why - "I am not coming in today, I am sick"
3. Keep it short! The person answering the phone has work to do
4. Close the conversation "good bye"

## Practice:



Good morning \_\_\_\_\_, how can I help you?

name of school or work

YOU: \_\_\_\_\_



OK, thank you for calling

YOU: \_\_\_\_\_





# Making an Appointment

Some people or businesses can be very busy. If everyone showed up at the same time to see these people, there would not be enough time for them to see every person or you might have a very long wait. This is why you will need to have an appointment. An appointment is an arranged time that someone sets aside just for you.


Name some places you might go that would require an appointment:


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

You will need to use a phone to call to make an appointment. When making an appointment, it is important to speak clearly, get right to the point and be very clear about why you need an appointment. You will also need to have a pen and paper ready to write down your appointment time and date, who you will be seeing and possibly an address.


Let's pretend that you need to make an appointment to see your dentist. This is how the conversation could go:


 "Good morning, Dr. Smiley's office, may I help you?"

 "Hi this is \_\_\_\_\_, I need to make an \_\_\_\_\_"  
First & last name


 "Why do you need to be seen?"

 "I \_\_\_\_\_."

 "The Dr. is available to see you on Monday the 14<sup>th</sup> at 2:00 p.m. Is this appointment ok for you?"

 "Yes, \_\_\_\_\_."

 "Thank you, the Dr. will see you than on Monday the \_\_\_\_<sup>th</sup> at \_\_\_\_\_ pm. Have a nice day. Goodbye."

 "\_\_\_\_\_."

Great job!



# Asking for Help



Sometimes when we are at school, home, or out in the community we need help from another person to show or teach us something we do not know. You should never be embarrassed to ask for help. Everybody needs help some of the time!

All the people in the stories below need help. See if you can help them get the help they need!

**Remember** to say “**please**” and “**thank you**” when asking for help!

---

1. Darin’s mother takes him to the grocery store to buy groceries. She asks Darin to go get her some muffins from the bread aisle. Darin walks around for 5 minutes and can’t find the bread aisle.

- Who can Darin ask for help? \_\_\_\_\_.
- How should Darin ask for help ? \_\_\_\_\_.

\_\_\_\_\_

2. Rachel is home and wants to watch a DVD on her Television. Rachel keeps pushing the buttons on the player, but cannot get the movie to play.

- Who can Rachel find to help her? \_\_\_\_\_.
- How should Rachel ask for help? \_\_\_\_\_.

\_\_\_\_\_

3. Amy is at a restaurant with her family. She would like to order a dessert off the menu but no longer has a menu to order from.

- Who can Amy ask to help her? \_\_\_\_\_.
- How should Amy ask for help? \_\_\_\_\_.

\_\_\_\_\_

4. Lisa is sitting at her desk at school working on her classwork. One of the problems is very hard and Lisa cannot figure out how to do it.

- Who can Lisa ask to help her? \_\_\_\_\_.
- How should Lisa ask for help? \_\_\_\_\_.

\_\_\_\_\_