

Life Skills Badge Book

Charting the journey from kidhood to adulthood, one practical skill at a time

My Social Skills Badges



Letter Writing Badge

To complete this badge, I will learn:

- to write a "Thank You" note
- to address an envelope
- about different types of postage and how to buy it

Mastered



Table Manners Badge

To complete this badge, I will learn:

- how to set the table correctly
- proper table etiquette
- appropriate dinner table conversation
- how to safely cut food

Mastered



Entertaining Badge

To complete this badge, I will learn:

- about party and menu planning
- proper host/hostess etiquette
- to make party favors

Mastered



Gift-Giving Badge

To complete this badge, I will learn:

Mastered

- to identify various gift-giving occasions
- what to consider when selecting/making a gift for someone
- proper gift-giving and gift-receiving etiquette
- how to wrap and present a gift



Gracious Guest Badge

To complete this badge, I will learn:

Mastered

- basic rules that all good guests should follow
- Manners 101
- to select or make an appropriate host/hostess gift

My Health & Wellness Skills Badges



Pool Safety Badge

To complete this badge, I will learn:

Mastered

- what I need to pack for the pool
- how to safely apply sunscreen
- safety rules for the pool
- pre-swimming techniques (blowing bubbles, kicking, paddling, holding breath under water)

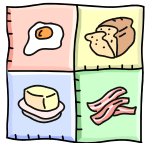


Personal Hygiene Badge

To complete this badge, I will learn:

Mastered

- why cleanliness is important to my health
- to clean and dry my own body
- healthy potty practices
- hair maintenance
- to brush and floss my own teeth

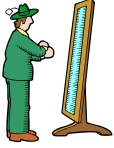


Nutrition Badge

To complete this badge, I will learn:

Mastered

- about the four basic food groups and the food pyramid
- to distinguish between healthy and unhealthy food choices
- how to read a food label and what it means



Dressing Badge

To complete this badge, I will learn:

Mastered

- choosing appropriate clothing for the occasion/weather
- how to select outfits that match
- basic dressing techniques (zipping, buttoning, tying, snapping, buckling and hooking)

My Hearth & Home Skills Badges



Laundry Badge

To complete this badge, I will learn:

Mastered

- to sort/prepare laundry for washing
- to properly fold and hang clothing
- to put my clothes away in the proper place



Chef Badge

To complete this badge, I will learn:

Mastered

- basic food safety
- about key cooking equipment and how to use it safely
- how to read a recipe and measure ingredients
- basic cooking techniques (stirring, pouring, spreading, kneading, chopping, sifting)
- to make my own breakfast and lunch!



Housekeeping Badge

To complete this badge, I will learn:

Mastered

- tips for tidying and staying organized
- basic cleaning techniques (wiping, dusting, sweeping)
- how to properly make a bed



Dishwashing Badge

To complete this badge, I will learn:

Mastered

- to hand wash and dry dishes
- To safely load the dishwasher
- to add dishwasher detergent and start the dishwasher
- to put dishes away safely and properly



Finance Badge

To complete this badge, I will learn:

Mastered

- to count money
- how to open a bank account
- to make deposits and withdrawals
- to pay for purchases and make change
- to set and achieve savings goals



Gardening Badge

To complete this badge, I will learn:

Mastered

- about different types of plants and their needs
- how to plant seeds and plants in pots
- basic gardening techniques (digging, weeding, raking, etc.)
- proper care of plants

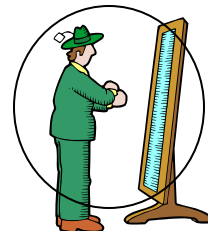
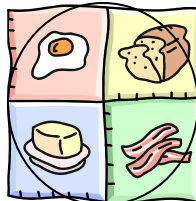
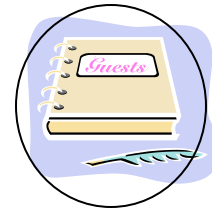
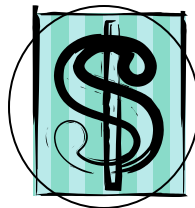
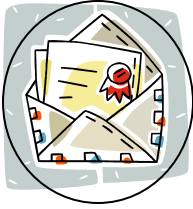
Behold My Awesomeness!

_____ has earned the following badges after demonstrating mastery of all required skills. Congratulations, _____...you are on your way toward independence!

Name of Badge	Date Awarded
Letter Writing Badge	_____
Table Manners Badge	_____
Entertaining Badge	_____
Gift-Giving Badge	_____
Gracious Guest Badge	_____
Pool Safety Badge	_____
Personal Hygiene Badge	_____
Nutrition Badge	_____
Dressing Badge	_____
Laundry Badge	_____
Chef Badge	_____
Housekeeping Badge	_____
Dishwashing Badge	_____
Finance Badge	_____
Gardening Badge	_____

Badges

To create badges, cut out each circle and glue to metal-rimmed key tags.
See instructions on the next page for creating the badge ribbon.



Badge Ribbon Instructions

Materials:

2 popsicle sticks
1 yard of 1-inch wide satin ribbon (any color)
6 inches of twine or cord
Strong glue or glue-gun and gluesticks
Printer paper and printer
Rubber cement
Scissors
Glue dots

1. Glue one short end of the ribbon to the flat side of one popsicle stick.
2. Flip the popsicle stick over so that the ribbon wraps around it twice.
3. Tie a large knot or double-knot in each end of the twine or cord.
4. Glue the cord to the same side of the popsicle stick as the loose length of ribbon so that the knots are below the popsicle stick and a hanger is formed above it.
5. Lay the second popsicle stick on top of the first so that the ribbon length and the cord are both sandwiched between the two sticks. Glue the popsicle sticks together using the strong glue or glue-gun.
6. Print out a label on your printer that says "[Child's name]'s Badges" on the printer paper. Cut out and glue the label to the front of the second (bare) popsicle stick.
7. Finish by cutting a "v" shape into the bottom of the ribbon.
8. Display the ribbon proudly in your child's room.
9. Affix badges to the ribbon as they are earned using a glue dot.

Tips for Using the Badge Book and Ribbon

- Get your child excited about earning new badges by allowing him to choose which badges he wants to work on.
- Review the required skills needed to earn each badge with your child and plan activities that will give him the opportunity to learn and master each required skill. Each badge may take several days to several weeks to earn, depending on the badge and the frequency with which your child is able to learn and practice the skills.
- Celebrate your child's progress by holding a mini "awards ceremony" each time he completes a new badge. Enter the date the badge was earned in his book to make it "official".
- Involve your child in developing additional badges he wants to earn.
- Once your child earns a badge, encourage him to use his new skills often.