

## Life Skills

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- Chores
  - Get your middle schooler to pitch in around the house. Make a daily or weekly chore schedule.
  - You may need to demonstrate each task, then create a checklist together for your child to follow.
  - Teach them how to:
    - Make beds
    - Do laundry
    - Vacuum/sweep
    - Dust
    - Wash dishes/load & unload dishwasher
    - Take out the trash
    - Clean the bathroom
- Cooking
  - Teens love to cook! This is fun and functional.
  - Here's a link to some [Visual Recipes from the Autism Helper](#)
  - More traditional recipes are available from a variety of online sources. I personally like Epicurious, here's a link to [Kid-Friendly Vegetarian recipes](#).
- Leisure
  - Lots of time to develop a hobby or explore a variety of them.
  - Here are some ideas, and websites with more ideas (adult ideas too!)
    - Crafts
    - Games
    - Sports
    - Art
    - Baking
    - Dancing
    - [Not So Boring Life.com](#)
    - [Discover a Hobby.com](#)
- Organization
  - Clean out that binder & backpack
    - Sort what papers need to be kept/recycled/stored away
    - Wash the backpack and hang dry (they get grimy)
    - Replace ripped/torn dividers or use hole reinforcements
    - Get all supplies: pencils/pens etc in their place
  - Organize the desk/homework area
    - Clean, quiet space with necessary items to keep up with school work
    - Here's a link to [some inspiration and guidance](#)