50 life skills for kids

Peabody · checked 2026-11-06

Peabody Life Skills has 50 life skills for kids, from using a spoon at 1 to a first driving lesson at 15. Each is a free tutorial: steps read aloud one at a time, a tip for the hard ones, the grown-up's steps marked, a way to check you've got it, and often a how-to video.

- Skill: Use a Spoon and an Open Cup · Shelf: Look After Me · Ages: 1–2 · One practice: 10 min · Video:
- Skill: Use the Potty · Shelf: Look After Me · Ages: 2–4 · One practice: 5 min · Video: Yes
- Skill: Wash Your Hands · Shelf: Look After Me · Ages: 3–5 · One practice: 1 min · Video: Yes
- Skill: Brush Your Teeth · Shelf: Look After Me · Ages: 3–7 · One practice: 2 min · Video: Yes
- Skill: Get Dressed by Yourself · Shelf: Look After Me · Ages: 3–5 · One practice: 10 min · Video: Yes
- Skill: Tie Your Shoes · Shelf: Look After Me · Ages: 5–7 · One practice: 10 min · Video: Yes
- Skill: Take a Shower by Yourself · Shelf: Look After Me · Ages: 7–9 · One practice: 10 min · Video:
- Skill: Floss Your Teeth · Shelf: Look After Me · Ages: 8–10 · One practice: 3 min · Video: Yes
- Skill: Make Your Bed · Shelf: Home Helper · Ages: 4–6 · One practice: 3 min · Video: Yes
- Skill: Clean Your Room · Shelf: Home Helper · Ages: 4–6 · One practice: 15 min · Video:
- Skill: Set the Table · Shelf: Home Helper · Ages: 4–6 · One practice: 5 min · Video:
- Skill: Unload the Dishwasher · Shelf: Home Helper · Ages: 5–8 · One practice: 10 min · Video:
- Skill: Fold Laundry · Shelf: Home Helper · Ages: 5–8 · One practice: 10 min · Video: Yes
- Skill: Load the Dishwasher · Shelf: Home Helper · Ages: 7–9 · One practice: 10 min · Video: Yes
- Skill: Vacuum a Room · Shelf: Home Helper · Ages: 7–9 · One practice: 15 min · Video:
- Skill: Do a Load of Laundry · Shelf: Home Helper · Ages: 10–12 · One practice: 20 min · Video: Yes
- Skill: Make a Sandwich · Shelf: In the Kitchen · Ages: 5–7 · One practice: 5 min · Video:

• Skill: Crack an Egg · Shelf: In the Kitchen · Ages: 5–7 · One practice: 5 min · Video:
• Skill: Use a Microwave Safely · Shelf: In the Kitchen · Ages: 8–10 · One practice: 5 min · Video:
• Skill: Scramble Eggs · Shelf: In the Kitchen · Ages: 10–12 · One practice: 10 min · Video: Yes
• Skill: Throw and Catch a Ball · Shelf: Move Your Body · Ages: 3–5 · One practice: 10 min · Video:
• Skill: Do a Forward Roll · Shelf: Move Your Body · Ages: 4–5 · One practice: 10 min · Video: Yes
• Skill: Swing by Yourself · Shelf: Move Your Body · Ages: 4–6 · One practice: 10 min · Video: Yes
• Skill: Ride a Bike · Shelf: Move Your Body · Ages: 4–7 · One practice: 20 min · Video: Yes
• Skill: Ride a Scooter Safely · Shelf: Move Your Body · Ages: 5–7 · One practice: 15 min · Video: Yes
• Skill: Jump Rope · Shelf: Move Your Body · Ages: 6–8 · One practice: 10 min · Video: Yes
• Skill: Do a Cartwheel · Shelf: Move Your Body · Ages: 6–9 · One practice: 15 min · Video: Yes
• Skill: Use Chopsticks · Shelf: Clever Hands · Ages: 6–9 · One practice: 10 min · Video: Yes
• Skill: Whistle · Shelf: Clever Hands · Ages: 6–9 · One practice: 5 min · Video: Yes
• Skill: Shuffle Cards · Shelf: Clever Hands · Ages: 7–10 · One practice: 10 min · Video: Yes
• Skill: Use a Yo-Yo · Shelf: Clever Hands · Ages: 7–10 · One practice: 10 min · Video: Yes
• Skill: Juggle Three Balls · Shelf: Clever Hands · Ages: 8–12 · One practice: 15 min · Video: Yes
• Skill: Sew On a Button · Shelf: Clever Hands · Ages: 9–12 · One practice: 15 min · Video: Yes
• Skill: Tie a Tie · Shelf: Clever Hands · Ages: 12–14 · One practice: 10 min · Video: Yes
• Skill: Call 911 in an Emergency · Shelf: Stay Safe · Ages: 4–6 · One practice: 10 min · Video: Yes
• Skill: Know Your Address and Phone Number · Shelf: Stay Safe · Ages: 4–6 · One practice: 5 min · Video:
• Skill: What to Do If You Get Lost · Shelf: Stay Safe · Ages: 4–5 · One practice: 5 min · Video:
• Skill: Get Out If There's a Fire · Shelf: Stay Safe · Ages: 4–6 · One practice: 15 min · Video: Yes

• Skill: Cross the Street Safely · Shelf: Stay Safe · Ages: 5–10 · One practice: 10 min · Video: Yes
• Skill: Clean a Cut and Put On a Bandage · Shelf: Stay Safe · Ages: 6–9 · One practice: 5 min · Video: Yes
• Skill: Open a Web Browser and Visit a Website · Shelf: Tech Smarts · Ages: 6–8 · One practice: 5 min · Video:
• Skill: Stay Safe Online · Shelf: Tech Smarts · Ages: 7–9 · One practice: 10 min · Video:
• Skill: Search the Web · Shelf: Tech Smarts · Ages: 8–10 · One practice: 10 min · Video:
• Skill: Make a Strong Password · Shelf: Tech Smarts · Ages: 8–10 · One practice: 5 min · Video:
• Skill: Send an Email · Shelf: Tech Smarts · Ages: 9–11 · One practice: 10 min · Video:
• Skill: Tell Time on a Clock · Shelf: Grown-Up Ready · Ages: 6–8 · One practice: 10 min · Video: Yes
• Skill: Count Money and Make Change · Shelf: Grown-Up Ready · Ages: 7–9 · One practice: 10 min · Video: Yes
• Skill: Make a Budget · Shelf: Grown-Up Ready · Ages: 10–13 · One practice: 20 min · Video:
• Skill: Mow the Lawn · Shelf: Grown-Up Ready · Ages: 12–16 · One practice: 30 min · Video: Yes
• Skill: Drive a Car: Your First Lesson · Shelf: Grown-Up Ready · Ages: 15–18 · One practice: 30 min · Video: Yes

Look After Me (8 skills)

Potty, teeth, hands, clothes and shoes: taking care of your own body.

1. Use a Spoon and an Open Cup

Ages 1–2 · 8 steps · about 10 minutes. Getting a spoon to your mouth without tipping it takes a steady wrist, and a cup with no lid takes slow, small tips. Both get easier with lots of practice, and spills are part of learning. Learn it step by step.

2. Use the Potty

Ages 2–4 · 9 steps · about 5 minutes. Your bladder is a stretchy bag that fills up with pee. When it's full, it sends your brain a 'time to go' feeling. Noticing that feeling and getting to the potty in time takes practice, and accidents are part of learning. Learn it step by step.

3. Wash Your Hands

Ages 3–5 · 7 steps · about 1 minutes. Soap grabs the oily dirt and germs on your skin, and the water carries them down the drain. Scrubbing for 20 seconds gives the soap time to work, and rubbing between your fingers gets the places germs like to hide. Learn it step by step.

4. Brush Your Teeth

Ages 3–7 · 10 steps · about 2 minutes. Plaque is a sticky film of germs that grows on your teeth every day. The germs make acid that can wear holes called cavities. Brushing scrubs the plaque off, and the fluoride in toothpaste makes your teeth harder. Learn it step by step.

5. Get Dressed by Yourself

Ages 3–5 · 8 steps · about 10 minutes. Getting dressed uses lots of small skills at once: balance, two hands working together, and knowing front from back. Practising makes your fingers stronger, so buttons and zips get easier every week. Learn it step by step.

6. Tie Your Shoes

Ages 5–7 · 9 steps · about 10 minutes. A bow is a knot with two loops. Pulling the loops pulls the knot tight, and pulling the loose ends lets it slip undone. Learning on a shoe in your lap is easier than bending over your own foot. Learn it step by step.

7. Take a Shower by Yourself

Ages 7–9 · 9 steps · about 10 minutes. Soap and shampoo lift the oil, sweat and dirt off your skin and hair so the water can wash them away. Very hot water can burn in seconds, so a grown-up sets the temperature until you can do it safely. Learn it step by step.

8. Floss Your Teeth

Ages 8–10 · 9 steps · about 3 minutes. Between your teeth is a gap your brush can't reach, and food and plaque hide there. Floss slides in and scrapes each tooth clean, which is why dentists say to clean between your teeth once a day. Gums that bleed a little at first usually stop once you floss every day. Learn it step by step.

Home Helper (8 skills)

Beds, dishes, laundry and floors: the jobs that keep a home running.

9. Make Your Bed

Ages 4–6 · 6 steps · about 3 minutes. Making your bed is a small job you finish first thing, so your day starts with something done. Pulling the covers back up also lets your sheets air out while you're away. Learn it step by step.

10. Clean Your Room

Ages 4–6 · 7 steps · about 15 minutes. A big mess feels too hard to start, so the trick is to split it into small piles and finish one pile at a time. When everything has a home, the next clean-up is faster. Learn it step by step.

11. Set the Table

Ages 4–6 · 7 steps · about 5 minutes. A set table puts everything where hands expect it: most people hold the fork in the left hand and cut with the right. Counting the places is real math, one place for each person. Learn it step by step.

12. Unload the Dishwasher

Ages 5–8 · 7 steps · about 10 minutes. Unloading is sorting: every plate, cup and fork has a home, and putting them there is the same skill as sorting shapes. Emptying the bottom rack first stops drips from the top landing on dry dishes. Learn it step by step.

13. Fold Laundry

Ages 5–8 · 8 steps · about 10 minutes. Folding turns a heap into flat shapes that stack. Halves and quarters are the same shapes you learn in math, and matching socks is sorting by color and size. Learn it step by step.

14. Load the Dishwasher

Ages 7–9 · 8 steps · about 10 minutes. A dishwasher sprays water from spinning arms under the racks. Dishes that face the middle and the spray get clean, and nothing should block the arms or the soap door. Learn it step by step.

15. Vacuum a Room

Ages 7–9 · 8 steps · about 15 minutes. A vacuum's motor pushes air out, so the air outside rushes in through the nozzle and carries the dirt with it. Going slowly gives it time to pull dirt from deep in a rug. Learn it step by step.

16. Do a Load of Laundry

Ages 10–12 · 10 steps · about 20 minutes. Detergent loosens dirt and oil so the swishing water can carry them away. Sorting matters because dark colors can bleed onto light ones, and hot water and a hot dryer can shrink some clothes. Learn it step by step.

In the Kitchen (4 skills)

Sandwiches, eggs and the microwave: feeding yourself, safely.

17. Make a Sandwich

Ages 5–7 · 8 steps · about 5 minutes. A sandwich is food you can hold: the bread keeps the filling together and your fingers clean. Spreading with a butter knife is a big-kid skill, and soft spreads make it easy. Learn it step by step.

18. Crack an Egg

Ages 5–7 · 8 steps · about 5 minutes. An eggshell is strong at its ends and weaker along its middle, so one firm tap on the side makes a clean crack. Tapping on a flat counter, not the edge of the bowl, pushes fewer bits of shell into the egg. Learn it step by step.

19. Use a Microwave Safely

Ages 8–10 · 8 steps · about 5 minutes. A microwave makes the water inside food jiggle very fast, and the jiggling makes heat. That's why steam builds up under a cover, and why food can be hot in the middle and cool at the edge. Stirring spreads the heat. Learn it step by step.

20. Scramble Eggs

Ages 10–12 · 9 steps · about 10 minutes. Heat makes the proteins in egg unfold and link together, which turns runny egg solid. Low heat and slow stirring make soft little curds; high heat squeezes the water out and makes them rubbery. Learn it step by step.

Move Your Body (7 skills)

Bikes, swings, rolls and ropes: the big moves every kid wants.

21. Throw and Catch a Ball

Ages 3–5 · 7 steps · about 10 minutes. Catching means your eyes, brain and hands work as a team: your eyes follow the ball while your brain guesses where it will land. A big, soft, slow ball gives your brain time to guess right. Learn it step by step.

22. Do a Forward Roll

Ages 4–5 · 8 steps · about 10 minutes. Tucking your chin turns your back into a round wheel, so you roll along it instead of landing on your head. Your hands take your weight first, and your rounded back does the rest. Learn it step by step.

23. Swing by Yourself

Ages 4–6 · 7 steps · about 10 minutes. A swing is a pendulum. Leaning back and kicking out at the right moment adds a little push on every swing, so you go higher and higher, like a push you give yourself. Learn it step by step.

24. Ride a Bike

Ages 4–7 · 9 steps · about 20 minutes. A moving bike stays up because you steer it back under you, a tiny bit, every time it starts to lean. That's why balancing and steering are the hard part, and pedaling comes easily after. Learn it step by step.

25. Ride a Scooter Safely

Ages 5–7 · 9 steps · about 15 minutes. On a scooter you balance on one foot while the other pushes, and the long deck lets you glide. Small wheels stop suddenly at bumps and cracks, which is why you look ahead and ride slowly at first. Learn it step by step.

26. Jump Rope

Ages 6–8 · 8 steps · about 10 minutes. Jumping rope is all timing: you hop just as the rope reaches your feet. Small hops and turning with your wrists save energy, so you can keep going longer. Learn it step by step.

27. Do a Cartwheel

Ages 6–9 · 8 steps · about 15 minutes. A cartwheel is a wheel made of you: hand, hand, foot, foot, each landing on one straight line. Strong, straight arms hold you up while your legs swing over the top. Learn it step by step.

Clever Hands (7 skills)

Yo-yos, juggling, cards and chopsticks: tricks for quick fingers.

28. Use Chopsticks

Ages 6–9 · 7 steps · about 10 minutes. Chopsticks work like a bird's beak: the bottom stick stays still and the top one moves, so food gets pinched between the tips. Your thumb, pointer and middle finger do all the work. Learn it step by step.

29. Whistle

Ages 6–9 · 6 steps · about 5 minutes. When air rushes through a small round gap in your lips, the air inside your mouth starts to vibrate, and that makes a note. Moving your tongue changes the space inside, so the note goes up and down. Learn it step by step.

30. Shuffle Cards

Ages 7–10 · 8 steps · about 10 minutes. Shuffling mixes the cards so nobody knows the order. Mathematicians found it takes about seven riffle shuffles to mix a deck really well, which is why card players shuffle again and again. Learn it step by step.

31. Use a Yo-Yo

Ages 7–10 · 8 steps · about 10 minutes. A spinning yo-yo stores energy in its spin. At the bottom, the string winds back around the middle and the yo-yo climbs up again. When the string's loop is loose, it spins at the bottom instead: that's a sleeper. Learn it step by step.

32. Juggle Three Balls

Ages 8–12 · 8 steps · about 15 minutes. Three-ball juggling is a pattern called the cascade: each ball flies up in an arc from one hand to the other. You throw the next ball when the last one reaches the top, so a hand is always free to catch. Learn it step by step.

33. Sew On a Button

Ages 9–12 · 9 steps · about 15 minutes. Each stitch loops thread through the button and the cloth, and many loops share the pull, so the button holds tight. A little space under the button lets it pass through its buttonhole. Learn it step by step.

34. Tie a Tie

Ages 12–14 · 8 steps · about 10 minutes. The four-in-hand is the simplest tie knot: the wide end wraps around the thin end and tucks down through a loop. It comes out slightly lopsided, which most people think looks relaxed and smart. Learn it step by step.

Stay Safe (6 skills)

Streets, fires, cuts and getting lost: what to do when it matters.

35. Call 911 in an Emergency

Ages 4–6 · 8 steps · about 10 minutes. 911 connects you to a calm helper who can send police, firefighters or an ambulance. They need to know what is happening and where you are, which is why knowing your address matters so much. Learn it step by step.

36. Know Your Address and Phone Number

Ages 4–6 · 7 steps · about 5 minutes. If you're ever lost or need help, a police officer or a 911 helper can get you home fast when you can say where you live and who to call. Songs and rhymes make numbers stick in your memory. Learn it step by step.

37. What to Do If You Get Lost

Ages 4–5 · 7 steps · about 5 minutes. When you're lost and keep moving, you and your grown-up can keep missing each other. Staying in one place makes you easy to find, and a worker or a parent with kids can help you call. Learn it step by step.

38. Get Out If There's a Fire

Ages 4–6 · 9 steps · about 15 minutes. Smoke rises and is full of poison gas, so the clearest air is near the floor. A smoke alarm gives the warning, but a plan you've practised is what gets everyone out fast, and fire safety experts say you may have only about two minutes. Learn it step by step.

39. Cross the Street Safely

Ages 5–10 · 8 steps · about 10 minutes. Cars come fast, and drivers may not see small people. Young children can't yet judge how fast a car is moving or how far away it is, which is why safety experts say children under 10 cross with a grown-up. Learn it step by step.

40. Clean a Cut and Put On a Bandage

Ages 6–9 · 8 steps · about 5 minutes. Skin is your body's wall against germs, and a cut is a small hole in it. Washing out the dirt and covering it helps it heal. Pressing on a cut stops the bleeding by squeezing the tiny blood vessels closed. Learn it step by step.

Tech Smarts (5 skills)

Browsers, searching, passwords and email, and staying safe online.

41. Open a Web Browser and Visit a Website

Ages 6–8 · 8 steps · about 5 minutes. A web browser is a program that fetches pages from computers all over the world and shows them to you. Every website has an address, like peabody.kids, and typing it into the address bar takes you straight there. Learn it step by step.

42. Stay Safe Online

Ages 7–9 · 7 steps · about 10 minutes. Online, people can pretend to be anyone, and what you post can be copied and kept for ever. Keeping your private details private, and telling a grown-up when something feels wrong, keeps you safe while you explore. Learn it step by step.

43. Search the Web

Ages 8–10 · 8 steps · about 10 minutes. A search engine has read billions of pages and shows the ones that best match your words. The top results aren't always true or the best, so good searchers check who made a page before they trust it. Learn it step by step.

44. Make a Strong Password

Ages 8–10 · 7 steps · about 5 minutes. Computers can guess millions of short passwords every second, but every extra letter makes guessing much slower. Three or four random words strung together make a password that's long, strong and easy for you to remember. Learn it step by step.

45. Send an Email

Ages 9–11 · 8 steps · about 10 minutes. An email travels from your computer to the other person's mail server in seconds. The address has two parts: the person's name before the at sign, and their email company after it. Learn it step by step.

Grown-Up Ready (5 skills)

Clocks, money, budgets, the mower and the car: the jobs of growing up.

46. Tell Time on a Clock

Ages 6–8 · 7 steps · about 10 minutes. A clock face is a circle split into 12 hours. The short hand points to the hour, and the long hand goes all the way around once an hour, through 60 minutes. Each number it passes is 5 more minutes. Learn it step by step.

47. Count Money and Make Change

Ages 7–9 · 7 steps · about 10 minutes. Each coin is worth a different number of cents, and 100 cents make a dollar. Counting the biggest coins first, then counting on, is the fastest way to add them up. Learn it step by step.

48. Make a Budget

Ages 10–13 · 7 steps · about 20 minutes. A budget is a plan for your money before you spend it. Splitting money into spend, save and share means you can buy small things now and still reach a big goal later. Learn it step by step.

49. Mow the Lawn

Ages 12–16 · 9 steps · about 30 minutes. A mower's blade spins so fast it cuts grass in one swipe, which is why it's dangerous for hands and feet. Mowing in straight, overlapping rows gives an even cut, and cutting only the top third keeps the grass healthy. Learn it step by step.

50. Drive a Car: Your First Lesson

Ages 15–18 · 12 steps · about 30 minutes. Driving is many skills at once: seeing, judging speed and space, and smooth control of the pedals and wheel. Practising the controls in an empty lot first lets your brain learn them, so on the road it can watch the traffic. Learn it step by step.

How each skill page works

1. The card. What the skill is, the ages, how long a practice takes, the safety strip, and a list of what to gather that a child can tick off.
2. The steps, one at a time, full screen, each one sentence long and read aloud by Peabody. "I'm stuck" shows a tip, and a grown-up's step says so first, out loud.
3. Check it. A number the child counts themselves (catches in a row, mornings this week, seconds the yo-yo slept) and the goal that means they've got it. It's kept on the device, and reaching the goal ticks the skill on the checklist.
4. Level up. Three harder versions to try next, and two more skills.

Safety

Safety is written into the steps, not left to a note: every step near a stove, a blade, a road, a plug or a bottle of detergent is a grown-up's step, and Peabody says so out loud before reading it. Some lines can't be crossed: no mower before 12, as the AAP advises, no driving before a learner's permit and a licensed adult, a helmet on anything with wheels, and the 911 lesson practises on a pretend phone only.

The videos

32 of the 50 skills have a how-to video from another channel, chosen and checked on YouTube on 6 November 2026 (PBS KIDS, the FDNY's Sesame Street visit, Cycling UK, St John Ambulance, Rock 'N Learn and others). Nothing of YouTube loads until a child taps Watch how, the privacy-enhanced player is used, and when the video ends it closes itself instead of showing more videos.

Questions parents ask

What life skills should my child learn first?

The ones their days are already full of: how to wash your hands, how to get dressed by yourself and how to brush your teeth for the youngest, then how to make your bed, how to set the table and how to tie your shoes. Life skills by age puts all 50 in order.

What life skills should a 10-year-old know?

Most 10-year-olds can do everything on the first four shelves with a little help, and are ready for how to do a load of laundry, how to make a budget, how to send an email and how to sew on a button. The checklist set to 10 shows the whole list for that age.

What should a teenager know before leaving home?

Their own laundry, a few meals, a budget, how to be safe online and on the road, and the jobs that keep a home running. On the last shelf: how to make a budget, how to mow the lawn and a first driving lesson.

Is it free?

Peabody is free through the end of 2026, with no ads, and Life Skills needs no sign-up at all. What a child ticks and learns stays on their own device and is never sent anywhere.

More: chores for kids by age, a life skills quiz for kids, and how to teach a child a life skill without doing it for them.

Free at peabody.kids/life-skills-for-kids