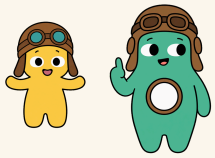
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The 12 Life Skills Checklist

For kids 5–8. One skill a month. Tick a box each time you see it happen.



SKILL & THE 3 WORDS	AGES 5–6: PRACTICING	AGES 7–8: PRACTICING
 **1. Calming down** Feel it → Let it out → Cool it down	☐ Names the feeling and blows out 3 "birthday candles" with you	☐ Notices the anger rising and uses the 3 breaths before yelling
 **2. Saving money** Pause → Plant → Grow	☐ Waits before spending; puts part of a gift in a jar	☐ Saves toward one goal for a few weeks
 **3. Focus & finishing** Look → Aim → Focus	☐ Picks one thing and finishes it before starting another	☐ Finishes a short task with one reminder
 **4. Spotting fake images** Zoom → Point → Ask	☐ Knows pictures can be made up; asks you when something looks strange	☐ Zooms in and points at what looks wrong first
 **5. Handling worry** Puff → Check → Release	☐ Says the worry out loud and does a "balloon breath" with you	☐ Checks "Is this likely?" and lets the worry go
 **6. Trying again** Notice it → Count it → Stand up	☐ Tries again after one fall, with your cheering	☐ Counts the tries and keeps going without "I can't"
 **7. Gratitude** Put them on → See → Thank	☐ Names one good thing from the day	☐ Says thank you without being reminded
 **8. Making friends** Align → Point → Ask	☐ Gets close and says one sentence about the game	☐ Asks to join and handles a "no" calmly
 **9. Caring for pets** Watch → Stop → Give	☐ Stops when the pet moves away	☐ Reads simple signals and helps with food and water
 **10. Respecting nature** Pause → Check → Return it	☐ Puts rocks and bugs back where they found them	☐ Checks the spot before leaving
 **11. Handling mistakes** Tap → Say → Go	☐ Says "Oops, that happened" after spilled milk, with your help	☐ Fixes what can be fixed and keeps going
 **12. Washing hands** Lather → Scrub → Rinse	☐ Lathers, scrubs and rinses with a reminder	☐ Washes before meals and after the bathroom, no reminder

These are practice goals, not milestones. Every child moves at their own pace. The skills stick when you read together and use the 3 words in real moments.

Start with Skill 1 free: **keenfolds.com** → **Book 1, The Volcano Method**