

# 5 Activities to Teach Your Kids Life Skills

As kids grow up, experiences shape the person they become. From the get-go, they begin to pick up new skills and learn lessons that continue to help with their personal development. Sometimes, as parents, we want to make sure they learn specific skills and lessons; picking activities that target these areas can be helpful. Today, we will discuss five, simple activities for your kids that can help teach them some important life skills.

## Participate in grocery shopping

Next time you go grocery shopping, don't just have your kids tag along, have them join in on the process. Before you go grocery shopping, let them see how you make a budget, and ask for their help to stick to it. When at the grocery store, teach them how to do comparative shopping; comparing the prices of items. Perhaps your kids want to "splurge" on name brand cereal -- have them check the prices of other cereals and see how much they could be saving. Perhaps if

they want the name-brand cereal, have them choose to get the cheapest bag of popcorn. By getting them involved, your kids will learn about budgeting and money management, as well as developing decision-making skills.

## Discuss a book

The benefits of reading are well-known; such as developing cognitive functioning, vocabulary, empathy and imagination, but discussing what your child is reading can be valuable as well. Ask them questions, such as how different characters might be feeling in a situation. Or ponder together why the character made the choice that they did, and how making a different decision may have affected the outcome. These types of questions can facilitate perspective taking as well as increasing empathy for others.



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## Pack their own lunch

Even if they normally get “hot lunch” at school, perhaps once or twice a week, you can have them pack a cold lunch to bring in a bag. Lay out some ground rules first; create food categories that will give them an outline on what they can pack. It could look something like one sandwich, one fruit and one vegetable, and one dessert. Whatever you decide, make sure the meal is balanced and includes healthy components. Then let them decide what specifically they want to pack. This task will teach them how to finish tasks independently and how to make a balanced meal.

## Plant a seedling

Grab a pot and some soil and pick out a plant to grow. Have your kid plant the seed, and assign its responsibility to your kid. They will be in charge of watering the plant routinely. They will learn patience as they wait for it to grow. They also will learn the responsibility of taking care of another living thing. Once it is spring, you can even have them help create a vegetable garden that will grow tomatoes, cucumbers, or peppers. By doing this, they will learn about where food comes from and the work that goes into making it grow.

## Play a board game

Board games are a great family bonding activity., but they also teach your kids many valuable lessons. The games will provide the opportunity for your kids to learn how to lose gracefully. They will also allow your kids to hone their communication skills and improve their focus and concentration. Some games can also teach the value of teamwork .

As your kids grow up, so many experiences can be learning experiences! These are just a few of many to help you can deliberately do to positively nurture your kiddos.

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Originally posted on the Now What? Blog on 3.3.21 The Now What? Blog served for nearly 7 years to

1. Normalize parents seeking support and help as a manner of child abuse prevention
2. Engage community in how they can work to prevent child abuse
3. Work to build resiliency in families through promotion of the 5 protective factors

Maybe you coach a baseball team or you help care for the neighbor kids from time to time. You are investing in the safety and security of the children in our community. Because it truly does take a village to raise our children, we want to offer the tools needed to bring awareness and education to preventing child abuse.

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