

theWorksheets.COM

life skills for teens



Life Skills Worksheets

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Name _____

Date _____

Conflict Resolution



Think or imagine a recent event. What would you do to resolve the conflict?

Event and feelings: What happened? How do you feel?

Behavior: How did you respond to this?

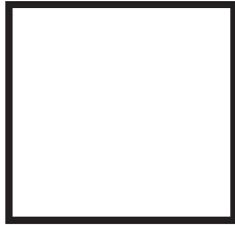
Strategy: List 5 ways to respond to this.
Some ideas: Ignore Share Suggest a different topic
Apologize Set expectations Be accepting

Name _____

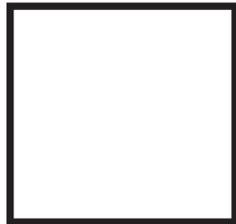
Date _____

Car maintenance tools

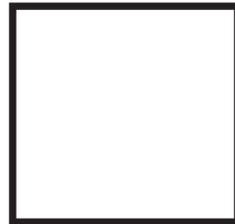
Look at the pictures below. Cut out and label the correct tools to the corresponding boxes.



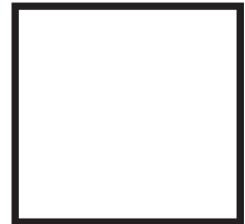
What is used to check pressure of the tire?



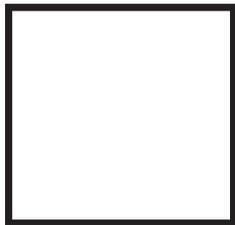
What removes oil contaminants in the car?



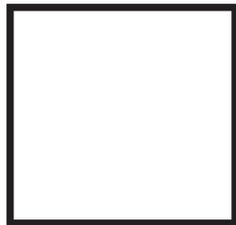
What can lift up the car without damaging it?



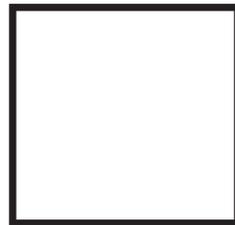
Which part of the car illuminates the road?



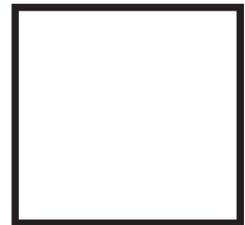
This is used to protect electrical components from high voltage.



What tool helps dry moisture in fuel tanks and prevent lines from freezing?



Which tool tells you how much oil is in the engine?



This is used to replace spark plugs



Pressure gauge



Dipstick



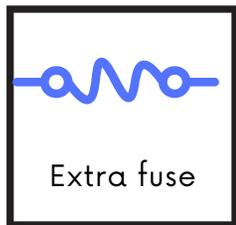
Headlights



Oil filter



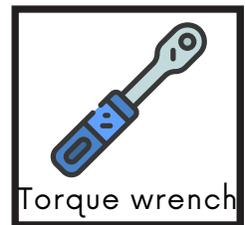
Vehicle jack



Extra fuse



Gasline antifreeze



Torque wrench

Name _____

Date _____

Food poisoning

Read the passage and fill in the blanks to help Arif's mum find out why Arif got food poisoning.

Bowl of curry	Dirty food poisoning doctor	stomach ache
cried in pain	examined stall learned his lesson	advised stall



One day, Arif was walking back home from school. On his way home, he felt very hungry. He decided to buy some food from a nearby _____. The stall looked _____. He bought a _____ and a bottle of orange juice. He ate the food happily. After he finished his meal, he went back home.

When Arif got home, he jumped on the bed in his room. Suddenly, he had a terrible _____. He _____. He told his mother about it and she took him to the clinic.

At the clinic, the _____ him. He told Arif that he had _____. Arif told the doctor that he had eaten food from a dirty street _____. The doctor _____ him to buy food and drinks from clean stalls to avoid food poisoning. Arif had _____. He promised that he will listen and take the doctor's advice.

Name _____

Date _____

Health and hygiene

Read and answer the questions below.

1. You just finished playing outside. You saw that there was a bleeding cut on your knee. What should you do?

- a) Scream "Ahhhh" and hope the wound will heal itself.
- b) Get some water and wipe your wound.
- c) Rinse the cut to make sure it is clean, and get some bandages to cover the cut.



2. When you woke up and yawned, there was a strange smell coming. What should you do?

- a) Go to the bathroom to brush your teeth and tongue. Use mouthwash if needed.
- b) Ask your siblings to smell if there is any strange body odour from you.
- c) Do nothing, it is probably something else in the room that smells.



3. Your fingernails are growing longer and the nail design is fading. What should you do?

- a) Bite the nails off, it will grow again.
- b) Cut and trim your nails every week. Use nail polish remover to remove the polish if needed.
- c) Paint more nail polish over the faded parts so the design is still there.



4. You notice there is white stuff on your shoulder coming from your hair. What do you do?

- a) Check if there is snow on your hair.
- b) Brush the white stuff off your shoulder.
- c) Use dandruff shampoo and wash your hair often so it is clean.



5. What would you do in the shower?

- a) Sing your favourite song and feel the water wash over your body.
- b) Use soap and shampoo to clean all parts of your body.
- c) Hop, twirl around and hop out as fast as you can!



Dreams and Goals

Dreams are things that we imagine we can do in life and anything is possible (you can also achieve them!), while goals are achievable targets based on your dreams and visions. Make a list of your long term dreams and short term goals, and steps to achieve them.



LONG TERM DREAMS

Imagine what your life would be in 10-20 years. Anything is possible! Write down your dreams and hopes on the list below.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.



SHORT TERM GOALS

Based on your dreams and visions, what are some goals you would like to achieve? Start with the most interesting goal.

Goal #1:

Steps to achieve goal:

- 1.
- 2.
- 3.
- 4.

Goal #2:

Steps to achieve goal:

- 1.
- 2.
- 3.
- 4.

Goal #3:

Steps to achieve goal:

- 1.
- 2.
- 3.
- 4.

Goal #4:

Steps to achieve goal:

- 1.
- 2.
- 3.
- 4.

Name _____

Date _____

ABCs of Vitamins

Read the passage and match the correct food to the corresponding vitamin.

Your parents take vitamin tablets in the morning, but some say that eat your fruits and vegetables as they have vitamins. What is so important about vitamins? Vitamins help convert energy to your body, and since our bodies cannot make vitamins, we need to get them from food we need. Here are 5 important vitamins:

Vitamin D - Made in the skin by the sun, it helps bones stay strong. We can find it in milk, butter, egg yolks and liver. Deficiency can lead to weak bones and rickets.

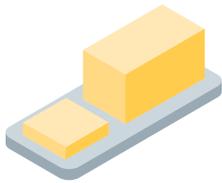
Vitamin A - Helps with eyesight, body organ growth and keeps us healthy. It can be found in milk, butter, eggs, carrots, liver and deficiency can cause night blindness, dry skin and poor bones.

Niacin - Helps our bodies use fat and sugar we eat for energy and keeps skin healthy. We can find it in mushrooms, green beans, tuna and spinach.

Folate - Helps make new cells and prevent heart disease. It can be found in broccoli, tomato juice and beans.

Vitamin C - almost all animals make Vitamin C in their bodies, it protects cells from damage and helps keep bones and skin healthy. We can find it in orange, peppers, broccoli, brussel sprouts and deficiency can lead to sore muscles and bleeding gums.

Draw a line to from the vitamins to the food that contain them below:



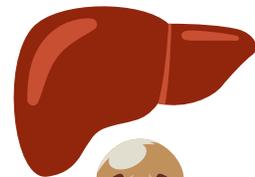
Vitamin C

Niacin

Vitamin A

Folate

Vitamin D



Name _____

Date _____

Feelings and Emotions

It can be hard to express feelings because we can feel more than one emotions, or hardly any! Use this worksheet to help you express feelings to someone!

I am feeling _____ (are there more than one feeling that you feel? You can use the feelings prompt below) _____, _____, _____

I feel this way because (is there anything that they did, or you did that make you feel that way?)

I have been feeling this way since (when did you start feeling these emotions?) _____

I wanted to let you know I feel this way because (why do you want to share your feelings?)

I hope that (what would you like to happen after you share your feelings?) _____

Thanks for listening to me!



Feelings Bank



- | | | | | |
|---------------|-------------|--------------|-----------|-----------|
| Misunderstood | Grateful | Sad | Angry | Relieved |
| Happy | Shocked | Frustrated | Surprised | Annoyed |
| Loved | Hurt | Disappointed | Content | Satisfied |
| Scared | Inspired | Disgusted | Excited | Offended |
| Anxious | Appreciated | Awkward | Calm | Confused |

Using Empathy

When something bad happens to someone, it is easy to sympathize. But there is a difference between sympathy and empathy. Sympathy is more of feeling pity for another, while empathy is putting ourselves in someone else's shoes to understand how they feel. Read the examples below and use empathy to determine how to respond to each person.



1. Tony forgot to study for his test

What do you think he feels?

Have you ever felt this way before? YES/NO When? _____

What help you feel better when you feel this way?

What can you say or do to make Tony feel better?



2. Someone calls Lee-Ann names.

What do you think she feels?

Have you ever felt this way before? YES/NO When? _____

What help you feel better when you feel this way?

What can you say or do to make Lee Ann feel better?



3. Charles lost his cat.

What do you think he feels?

Have you ever felt this way before? YES/NO When? _____

What help you feel better when you feel this way?

What can you say or do to make Charles feel better?



4. Kyla broke up with her boyfriend.

What do you think she feels?

Have you ever felt this way before? YES/NO When? _____

What help you feel better when you feel this way?

What can you say or do to make Kyla feel better?

Sleep Hygiene

Sleep hygiene means getting good sleep. Everyone has times when they don't sleep well, but it is important to get 7-8 hours of sleep every day, especially when you have early school start times, after school activities and a busy social life. Read the question below and circle or answer them.



1. Why does sleep matter? Circle all the correct choices.

- a) Lack of sleep may make you feel down and get more angry easily.
- b) Because this is a great way to pass time when you are not doing anything.
- c) Sleeping well helps you to focus better and cope better with relationships with your family and friends, and stress of life in school.
- d) Not getting enough sleep means you don't have enough energy to hang out with friends after school.
- e) Sleeping well is something that your parents told you to do.

2. What are some routines that can help you to sleep better? Circle all the choices that apply.

- a) Play your favorite game on your computer or phone one hour before your sleep.
- b) Make your bedroom sleep friendly by being cool, quiet and dark.
- c) Talk to your family or friends before sleep on how your day went.
- d) Have regular bedtime and waking time and get into a good routine.
- e) Force yourself to fall asleep even if you cannot because you need sleep.



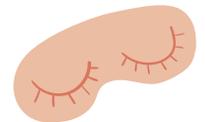
3. Reflect on your own sleep routine. How many hours do you sleep on weekdays and weekends?

Weekdays:

Weekends:



4. What are three things that you do before going to bed?



5. What are some new routines that you can use before sleeping? Or do you need to change your sleep routine, why or why not?



Name _____

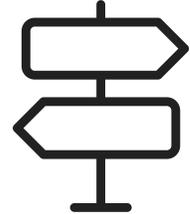
Date _____

Responsible Decisions

We make decisions all the time, from what we choose to eat, to where we choose to go to college. Each decision can have short and long term consequences, as well as pros and cons. Sometimes, they also involve others as well. Read and answer the questions below.

Think of a decision you made yesterday and answer these questions.

1. What decision did you make yesterday?



2. What are some potential solutions or consequences for your decision?



3. Is there a time for this decision and why?



4. What information do you have about this decision?



5. List some pros and cons about your decision:

Pros:

- 1.
- 2.
- 3.

Cons:

- 1.
- 2.
- 3.



Home Maintenance

Overtime, we need to replace or repair different parts in our houses due to wear and tear, renovations or simply decorating our rooms. Read the scenarios below and put the correct number for the corresponding steps, e.g. 1 for step 1.

1. Paint a room. Tools used: painter's tape, paint, paintbrushes, screwdriver, sandpaper, paint tray and small bucket, paint roller and primer heads, primer, putty, small rags

- _ Use primer paint to paint if you are painting a new drywall or painting over a dark color.
- _ Clear your space by removing hangings on the walls and furniture in the room.
- _ Paint a second coat.
- _ Paint your edges by using a small angled brush to do all your edges.
- _ Apply a second coat.
- _ Prepare to roll by filling a paint with enough paint, then push the roller down into the paint and roll it over so paint is evenly spread around the roller and paint the wall in large W shapes, followed by long, vertical strokes.



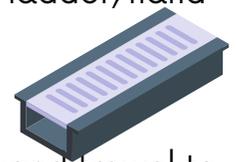
2. Hang a picture. Tools used: Measuring tape, pencil, stud finder, 4ft. level, nails or screws, hooks, brackets or wire mounts.

- _ Check your placement. Double check your placement on the wall.
- _ Use sticky notes to mark the approximate placement.
- _ Use stud finder to find a stud and make adjustments for anything over 50 lbs.
- _ Measure the hanger location on your picture.
- _ Measure the ceiling down to the top of your picture.
- _ If your picture needs a hanger on each side, measure one side and use a level set on top of the piece before placing the second hanger.



3. Unblock a gutter. Tools used: Rubber gloves, bucket, heavy trash bag, ladder, hand trowel, garden hose with sprayer.

- _ Clear the ground to make sure the end of your downspout is clear.
- _ Scoop out your leaves and muck with rubber gloves on your hands or hand trowel to scoop clean large pieces and dumping into a bucket or heavy trash bag.
- _ Detach the downspouts and place a bucket underneath.
- _ Hose out small stuff by reattaching downspouts and using garden hose to rinse down small stuff.



Name _____

Date _____

Problem Solving Strategies

When you encounter a problem, there are many strategies to solve it. Look at the strategies below, underline the strategies that you have used, and circle the ones that you think can be helpful to you in the future. Afterwards, reflect on a problem you encountered and answer the questions below.

Find a compromise

Wait or take a break

Ask the other person to stop

Take Turns

Make sure you are calm

Don't react, ignore it first

Talk to the other person calmly

Ask an adult for help

Move on to another thing

Try a different way to solve it

Think from another person's view

Go somewhere else

Apologize for what you did wrong

Talk it out with the other person

Use an I-Statement



Think of a problem that you encountered recently. What was the problem?

What strategy did you or will you use to solve the problem?

What strategy do you think will work best for this problem? Why?

Are there other strategies that you can think of?

Name _____

Date _____

Self-Care Routines

Self-care is taking the time to do things that help you live well and improve your physical health. When it comes to self-care, you may want to think of ways to care for yourself physically, mentally, emotionally and on self growth. Look at the self-care routines below and answer the questions.

Ideas for Self-Care Activities

PHYSICAL	EMOTIONAL	MENTAL	SELF-GROWTH
Stress relief	Affirmations	Journaling	Hobbies
Exercise	Practice kindness	Reflections	Set goals
Grooming	Saying No	Listen to podcast	Learn new skills
Balanced Diet	Be aware of emotions	Mediate	Socialize

Think of a self-care activities that works for you and fill the box below. If you have trouble thinking of activities, try to complete these sentences;

I feel confident and empowered when I.....

I feel bad about myself when I put off/procrastinate on

My Self-Care Activities

PHYSICAL	EMOTIONAL	MENTAL	SELF-GROWTH

Now try to design your own self-care routine. Look at the activities that you thought of and see if they can be done daily, weekly or monthly. List them on the corresponding heading in the box below.

My Self-Care Routine

DAILY	WEEKLY	MONTHLY