

Life Skills Challenges

Instructions: For these challenges, you will be putting your life skills to the test! You will be working together in groups of 4 to complete each of the challenges below. You will need to have your work approved by the facilitator in charge of each activity in order to move on. Try to complete as many challenges as possible!

Home/Self-Care Challenges

Challenge 1: Laundry



- **Task:** Sort a basket of laundry into appropriate loads by color and/or washing directions, and then fold the clothes/linens neatly and pack them back into the basket.
- **Supplies:** laundry basket, clothes (t-shirt, pants, socks, long-sleeve shirt, shorts), and linens (towels, sheets)



Challenge 2: Table-Setting

- **Task:** Set a table with two complete place settings, then clear the table, wash the dishes, and clean up by wiping down the table & sweeping the floor.
- **Supplies:** placemat, plate, bowl, glass, fork, spoon, knife, napkin, dishtowel, sponge, 2 basins, dish soap, spray, paper towels, broom



Challenge 3: First-Aid

- **Task:** Clean and bandage a small (fake) cut on a facilitator.
- **Supplies:** Band-Aids, alcohol wipes, anti-septic



Challenge 4: Plan a Meal

- **Task:** Use the worksheet to plan a meal by researching a recipe and making a shopping list.
- **Supplies:** computer, meal-planning worksheet

Community-Based Challenges



Challenge 1: Phone Research

- **Task:** Use the worksheet and program phone to find out some information from resources in the community.
- **Supplies:** program phone, phone call sheet



Challenge 2: Plan a Social Outing

- **Task:** Use the worksheet to plan a pretend or future short day trip with friends or family (or your challenge group!) to some place you like to go.
- **Supplies:** computer, outing planning sheet



TEAM

TEENS
ENGAGED
as MENTORS

AN INITIATIVE OF THE AUTISM PROGRAM AT BOSTON MEDICAL CENTER