

What Life Skills Do I Have?

As you grow into a young adult, you will need to develop 'life skills'. These are valuable skills that will prepare you for life ahead, including helping you to deal with people and situations that might be a bit difficult to manage.

You will need life skills to secure a job, find a home, manage money and communicate with a range of different people.

You will already have acquired some life skills.

What life skills do you have already? For example, I am able to make friends easily.

Write them on the tree trunk below.

Once you have done this, write on the tree branches what life skills you think you might need in the future. For example, I will need to know how to manage my own money.

Once you have completed your tree, talk about what skills and qualities you might need to be able to acquire these life skills.

There is a tree drawn for you on the next page or you could draw your own on a large piece of paper. You could use collage materials on your finished tree, adding scrunched up tissue paper, paint or twigs.

The tree can be your 'Tree of Life Skills'.

