

AGES
6-7

Life Skills



Printable Pack

4 Fun Printables
to Learn, Do & Grow!



Can your child read the words
but **struggle to understand**
what they mean?

These printables make learning meaningful
with **real-life activities** that build confidence,
independence and essential **skills**.



Practical activities
for everyday life



Build confidence,
one skill at a time!

★ BONUS ACTIVITY!

GROW YOUR OWN BEAN!

Plants are amazing! Watch your bean grow day by day.



YOU WILL NEED:



A clear plastic cup



Cotton balls



1 bean (dried)



Water



A sunny window



Ask a grown-up to help you get started!

STEPS:

1 Add the cotton.

Put cotton balls in the cup.



2 Add water.

Spray the cotton until it is moist (not too wet).



3 Add the bean.

Place the bean between the cup and the cotton so you can see it.



4 Find a sunny spot.

Put your cup near a sunny window.



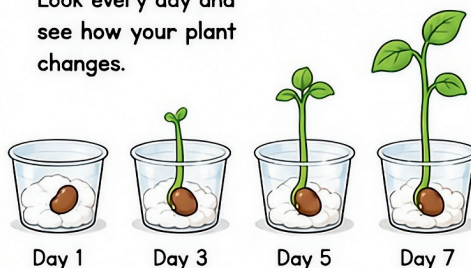
5 Water a little each day.

Spray a little water every day to keep the cotton moist.



6 Watch it grow!

Look every day and see how your plant changes.



7 Enjoy your plant!

You grew a bean plant! Take good care of it.



PLANT FUN FACT!

A tiny bean has all the food it needs to grow into a big plant!



SAFETY TIP!

Ask a grown-up to help you, especially when using the spray bottle.



MY PLANT JOURNAL

Draw your plant today!

How is your plant doing?



Great!



Okay



Not yet

★ BONUS ACTIVITY

MAKE YOUR OWN VOLCANO!



YOU WILL NEED:



2 tablespoons
baking soda



1/2 cup
vinegar



A few drops
of dish soap



Red food coloring
(optional)



A small cup
or plastic bottle



A tray

STEPS:

1 Place the cup on a tray.

This will help keep
your table clean.



2 Add the baking soda.

Put 2 tablespoons
of baking soda
into the cup.



3 Add the dish soap.

Squeeze in a few
drops of dish soap.



4 Add food coloring.

Add a few drops of
red food coloring
if you want your
volcano to look
like real lava.



5 Pour in the vinegar.

Slowly pour the
vinegar into
the cup.



6 Watch the eruption!

The mixture will
bubble up and
overflow like
a volcano!



SCIENCE FUN FACT!

When the baking soda
and vinegar mix, they
create a gas called
carbon dioxide.
The gas makes the
bubbles that look
like lava.



SAFETY TIP!



Ask an adult
to help you
with the
experiment.

MY OBSERVATION

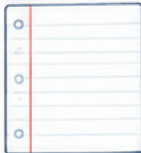
What happened when you added the vinegar?

★ BONUS ACTIVITY!

MAKE YOUR OWN PAPER AIRPLANE!



YOU WILL NEED:

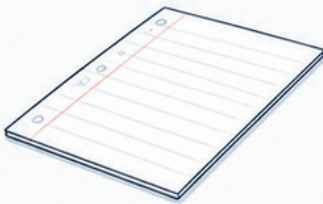


1 sheet of paper

STEPS:

- 1** Place the paper on a flat surface.

Make sure the paper is straight and smooth.



- 2** Fold the paper in half.

Press the fold firmly.



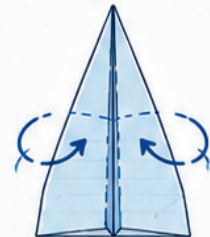
- 3** Fold the top corners to the center.

Match the edges carefully.



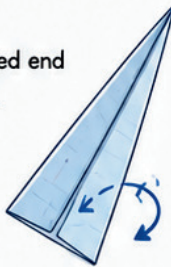
- 4** Fold the sides to the center again.

The airplane should start to take shape.



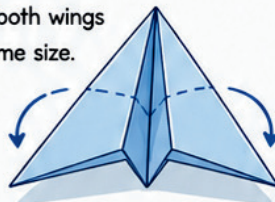
- 5** Fold the airplane in half.

Keep the pointed end facing forward.



- 6** Fold down the wings.

Make both wings the same size.



- 7** Fly your airplane!

Test how far it can go.



FLYING FUN FACT!

Paper airplanes fly because their wings help them glide through the air.



SAFETY TIP!

Throw your airplane in an open space away from other people.



MY FLIGHT TEST

How far did your airplane fly?

☐ Very Far

☐ Far

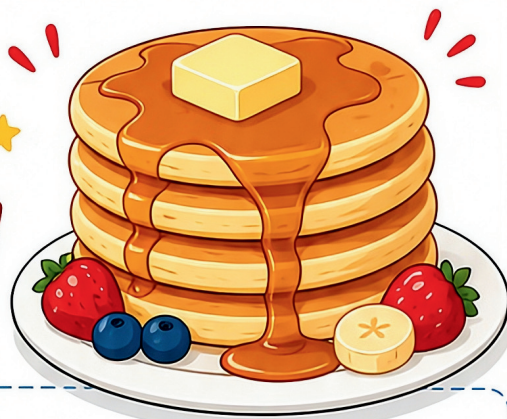
☐ A Little Far

What was the best part?



★ BONUS ACTIVITY!

MAKE YOUR OWN PANCAKES!



YOU WILL NEED:



1 cup
flour



1 cup
milk



1
egg



1 tablespoon
melted butter



1 teaspoon
baking powder



Syrup or fruit
for topping
(optional)

STEPS:

1 Mix the dry ingredients.

Put the flour and baking powder into a bowl.



2 Add the wet ingredients.

Add the milk, egg, and melted butter to the bowl.



3 Stir the mixture.

Mix everything until the batter is smooth.



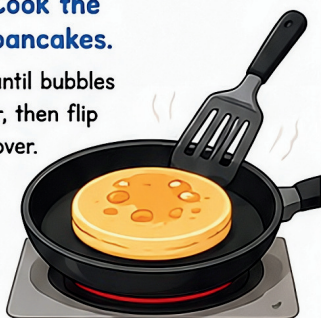
4 Pour the batter into a pan.

Ask an adult to help with the stove.



5 Cook the pancakes.

Cook until bubbles appear, then flip them over.



6 Add your favorite topping.

Use syrup, fruit, or both!



7 Enjoy your pancakes!

Your delicious pancakes are ready to eat!



COOKING FUN FACT!



Pancakes become fluffy because the baking powder makes tiny bubbles in the batter.



SAFETY TIP!

Ask an adult to help when using the stove.



MY PANCAKE REVIEW



Did you like your pancakes?



What topping did you use?





Thank you for downloading
your **Life Skills** Printable Pack!



We hope these printables bring joy,
learning and **real-life skills**
to your child's everyday adventures.



Keep reading,
keep learning,
keep shining!

