

Life Skills Worksheets For Adults

Personal Hygiene

No. 7

True or False?

- 1) You should change your underclothes every day, True ☐ False ☐
- 2) Skin temperature is the same all over, True ☐ False ☐
- 3) All germs are harmful True ☐ False ☐
- 4) You can not be contaminated by your own germs, True ☐ False ☐
- 5) To avoid catching a cold you should wash and dry your hands regularly. True ☐ False ☐
- 6) Linen handkerchiefs are more hygienic than paper handkerchiefs, True ☐ False ☐
- 7) You should brush your teeth for three minutes after every meal, True ☐ False ☐
- 8) A wound is safe under a bandage. True ☐ False ☐
- 9) You should put your hand in front of your mouth when you cough or sneeze. True ☐ False ☐
- 10) Hands have the most germs. True ☐ False ☐

This text is not correct: there are no full stops, commas or capital letters! Correct it by:

- Colouring yellow the letters which should be capitals;
- Adding full stops and commas in red.

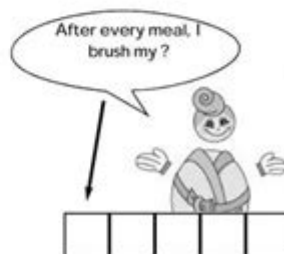
always wash your hands before eating to avoid swallowing germs hands get covered in germs when you play or touch dirty things these germs can make you ill babies sick people and old people are very vulnerable to germs germs also hide in clothes so don't forget to change them regularly especially pants and socks.

Jumbled Words

Cross out all the words you find horizontally or vertically and write the letters that are left in the yellow boxes. You will find out what the Netoon brushes after every meal.

S	S	E	R	D	W	E	A
O	G	F	T	H	A	I	R
A	E	O	H	A	S	F	M
P	R	O	T	N	H	I	B
N	M	T	S	K	I	N	L
O	S	T	E	Y	N	G	O
S	C	O	M	B	G	E	O
E	Y	E	B	E	A	R	D

Arm
Beard
Blood
Comb
Dress
Eye
Finger
Foot
Germs
Hair
Hanky
Nose
Skin
Soap
Toe
Washing



Life Skills Worksheets for Adults: Level Up Your Life

Feeling overwhelmed by daily life? Struggling to manage stress, finances, or relationships? You're not alone. Many adults find themselves needing a boost in essential life skills, and that's where life skills worksheets come in. This comprehensive guide provides a deep dive into the benefits of these worksheets and offers a curated selection of areas where they can make a significant difference. We'll explore various worksheets categorized by skill, providing you with actionable resources to improve your overall well-being.

Why Use Life Skills Worksheets for Adults?

Life skills aren't just for kids; they're crucial for navigating the complexities of adult life. These worksheets offer a structured approach to self-improvement, providing a tangible framework for growth. Unlike vague self-help advice, worksheets offer specific exercises and prompts, making the process of learning and implementing new skills more manageable and effective. They promote:

Self-awareness: Worksheets encourage introspection, helping you identify strengths and weaknesses.

Goal setting: They provide tools for defining clear, achievable goals and tracking progress.

Problem-solving: Worksheets offer structured methods for breaking down problems and finding solutions.

Stress management: Many worksheets incorporate relaxation techniques and coping strategies.

Improved organization: They help you organize thoughts, tasks, and responsibilities.

Types of Life Skills Worksheets for Adults

The beauty of life skills worksheets lies in their versatility. They cater to a wide range of needs, addressing specific areas for improvement. Here are some key categories:

1. Time Management Worksheets: Mastering Your Schedule

These worksheets help you analyze your current time usage, identify time-wasting activities, and develop effective scheduling strategies. They might include exercises like creating daily/weekly schedules, prioritizing tasks using methods like the Eisenhower Matrix, and tracking time spent on various activities. The goal is to gain control over your time, reducing stress and increasing productivity.

2. Financial Literacy Worksheets: Taking Control of Your Finances

Financial stress is a major source of anxiety for many adults. These worksheets guide you through budgeting, saving, debt management, and investing. They often include exercises like creating a personal budget, tracking expenses, calculating debt-to-income ratios, and exploring different investment options. Gaining financial literacy empowers you to make informed decisions and build a secure financial future.

3. Stress Management Worksheets: Finding Your Calm

Stress is an unavoidable part of life, but it doesn't have to overwhelm you. These worksheets provide techniques for managing stress, including mindfulness exercises, relaxation techniques (like deep breathing and progressive muscle relaxation), and identifying stress triggers. Learning to effectively manage stress improves overall well-being and reduces the risk of burnout.

4. Relationship Skills Worksheets: Building Stronger Connections

Healthy relationships are vital for happiness and well-being. These worksheets focus on communication skills, conflict resolution, and boundary setting. They might involve exercises like practicing active listening, identifying communication patterns, and developing strategies for healthy conflict resolution. Stronger communication skills lead to more fulfilling relationships.

5. Goal Setting and Achievement Worksheets: Reaching Your Potential

These worksheets provide a framework for setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) and developing action plans to achieve them. They often include exercises for identifying obstacles, developing contingency plans, and tracking progress. This structured approach increases your chances of achieving your goals and boosts self-confidence.

6. Problem-Solving Worksheets: Developing Critical Thinking Skills

Life throws curveballs. These worksheets equip you with problem-solving strategies, such as breaking down problems into smaller, manageable parts, brainstorming solutions, evaluating options, and implementing chosen solutions. Improving problem-solving skills empowers you to tackle challenges with confidence and resilience.

Where to Find Life Skills Worksheets for Adults

Numerous online resources offer free and paid life skills worksheets. Search terms like "free printable life skills worksheets for adults," "life skills workbook PDF," or "adulting worksheets" will yield a wealth of results. Remember to choose reputable sources and look for worksheets that align with your specific needs and goals.

Conclusion

Life skills worksheets are a powerful tool for self-improvement. By providing a structured and actionable approach to personal growth, they empower you to take control of your life, reduce stress, and build a more fulfilling future. Start today by identifying areas you want to improve and find a worksheet that can guide you on your journey. Remember, even small steps can lead to significant positive changes.

FAQs

1. Are these worksheets suitable for all ages? While designed for adults, some worksheets may be adaptable for mature teenagers. However, the focus and complexity are geared towards the challenges and needs of adults.
2. How often should I use these worksheets? There's no one-size-fits-all answer. Consistency is key, but the frequency depends on your individual goals and the complexity of the worksheet. Aim for regular engagement, even if it's just for 15-30 minutes a day.
3. Do I need a therapist or counselor to use these worksheets? While worksheets can be beneficial on their own, they can also complement professional therapy. If you're struggling with significant challenges, seeking professional help is always recommended.
4. Are there worksheets for specific mental health issues? While these general life skills worksheets can be helpful, specialized worksheets exist for specific conditions like anxiety or depression. Consult with a mental health professional for tailored guidance.
5. Can I create my own life skills worksheets? Absolutely! Tailoring a worksheet to your specific needs can be highly effective. Consider the areas you want to improve and design exercises that directly address those areas.

life skills worksheets for adults: *Life Skills Activities for Secondary Students with Special Needs* Darlene Mannix, 2021-06-29 Help students with special needs thrive with over 160 updated educational activities In the newly revised Third Edition of *Life Skills Activities for Secondary Students with Special Needs*, teacher and author Darlene Mannix delivers a unique collection of over 160 updated activity sheets with related exercises, discussion questions, and evaluation suggestions to help students gain basic skills necessary for independence and success. Each activity sheet focuses on a specific skill in a real-world context and includes teacher directions for objectives, introduction, optional extension activities, and assessment methods. This crucial book includes: Activity sheets and corresponding introductions in a wide variety of critical life skills such as interpersonal, communication, academic and school, practical living, and more Coverage of leisure activities and the importance of finding fulfilling hobbies and pastimes Tools to help students build their self awareness and understand their strengths and weaknesses Perfect for special educators, general education teachers, school counselors, and psychologists, *Life Skills Activities for Secondary Students with Special Needs* will also earn a place in the libraries of other professionals working with special needs children, as well as the parents of those children.

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activities with reproducible worksheets, discussion questions, and evaluation suggestions for developing independence. Offers ideas for developing practical skills to deal with identity theft, cell phone manners, budgeting, eating healthy meals, using credit cards, time management, and much more. Mannix is the best-selling author of Social Skills Activities for Special Children, Writing Skills Activities for Special Children, and Character Building Activities for Kids.

life skills worksheets for adults: Daily Life Skills Big Book Gr. 6-12 Sarah Joubert, 2015-12-24 Our combined resource helps engage learners while providing the knowledge they need to have successful daily life skills. Our in depth study combines the three lessons in this series: Daily Marketplace Skills, Daily Social & Workplace Skills, and Daily Health & Hygiene Skills. Students will start by going into the marketplace and learning how to budget and how to best spend their money. Then, students go into the workplace and learn how to behave in a social environment. Finally, students go back to their home and learn about health and hygiene. Comprised of reading passages, graphic organizers, real-world activities, crossword, word search and comprehension quiz, our resource combines high interest concepts with low vocabulary to ensure all learners comprehend the essential skills required in life. All of our content is reproducible and aligned to your State Standards and are written to Bloom's Taxonomy.

life skills worksheets for adults: The Practical Life Skills Workbook: Self-Assessments, Exercises & Educational Handouts Ester A. Leutenberg, John J. Liptak, 2009-07 Life skills are actually more important than a person's intelligence quotient (IQ). They are those invaluable skills people use every day that, if used effectively, allow them to create the life they desire and to access their inner resources needed to succeed. A person's life skills IQ is comprised of many types of intelligence including physical, mental, career, emotional, social and spiritual intelligence. Practical Life Skills will help participants learn more about themselves and the competencies they possess in many life skills areas including: . ¢¢ Problem-solving ¢¢ Money management ¢¢ Time management ¢¢ Self-awareness ¢¢ Personal change

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life skills worksheets for adults: DBT Skills Training Handouts and Worksheets Marsha M. Linehan, 2014-10-28 Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's DBT Skills Training Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs. The 8 1/2 x 11 format and spiral binding facilitate photocopying. Purchasers also get access to a webpage where they can download and print additional copies of the handouts and worksheets. Mental health professionals, see also the author's DBT Skills Training Manual, Second Edition, which provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral Treatment of Borderline Personality Disorder, the authoritative presentation of DBT, and Linehan's instructive skills training DVDs for clients--Crisis Survival Skills: Part One and This One Moment.

life skills worksheets for adults: The Thriving Adolescent Louise L. Hayes, Joseph V.

Ciarrochi, 2015-11-01 Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous 'not good enough' story that often begins during these formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? The Thriving Adolescent offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven- effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The skills we impart to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

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life skills worksheets for adults: Everyday Life Skills American Guidance Service, 2001-06 A skills-based program that helps build a foundation for independent living Everyday Life Skills is a comprehensive, career development program for high school students making the transition to postsecondary life. This full-color, easy-to-read textbook and video series focus on the important how to live and work issues not always covered by regular curricular materials. From maintaining a healthy body and a safe home to finding and keeping a job, Everyday Life Skills prepares young adults for a successful life after high school. Lexile Level 820 Reading Level 3-4 Interest Level 8-12

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life skills worksheets for adults: *Life Skills for Teens* Karen Harris, 2021-10 Congratulations, you are a teenager! The big question is, now what?! The teenage years are an exciting yet every changing period of your life. New challenges and tasks seem to pop up almost daily, not to mention all the changes your body is going through. As you get older and take on more responsibilities, you have probably often wondered how to do many of the adult tasks your parents or older siblings seem to breeze through daily. Everything from how to tell if the chicken in the fridge has gone bad to how to get rid of dandruff has likely crossed your mind, and you're not alone. The more you learn and the more new experiences you have, the more questions you'll have too. While a wonderful tool with a wealth of knowledge, the internet can be overwhelming to navigate at times. I mean, which of the thirteen articles about budgeting and saving money is actually accurate? And yes, you can ask your parents or other trusted adults in your life to teach you specific skills, but sometimes you just want to figure it out on your own. That's where this guide comes into play. Dive in and start learning life skills for teens! Order yours now.

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ones. They feel flawed, and blame themselves. Running on Empty will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

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Barbara Olasov Rothbaum, Edna B. Foa, Elizabeth Ann Hembree, Sheila A. M. Rauch, 2019 This patient workbook provides all of the logistics necessary for a trained mental health provider to implement Prolonged Exposure Therapy for PTSD with their patients. This intervention is the most researched and well-supported PTSD treatment available. The model is flexible and individualized to address the needs of a variety of trauma survivors suffering with PTSD.

life skills worksheets for adults: Life Strategies for Teens Jay McGraw, 2002-01-28 From the son of Dr. Phil McGraw comes Life Strategies for Teens, the New York Times bestselling guide to teenage success, and the first guide to teenage life that won't tell you what to do, or who to be, but rather how to live life best. Are you as tired as I am of books constantly telling you about doing your best to understand your parents, doing your homework, making curfew, getting a haircut, dropping that hemline, and blah, blah, blah? —Jay McGraw, from the Introduction Well, you don't have to be anymore! Employing the techniques from Dr. Phillip C. McGraw's Life Strategies, his son Jay provides teens with the Ten Laws of Life, which make the journey to adulthood an easier and more fulfilling trip. Whether dealing with the issues of popularity, peer pressure, ambition, or ambivalence, Life Strategies for Teens is an enlightening guide to help teenagers not only stay afloat, but to thrive during these pivotal years. Whether you are a teen looking for a little help, or a parent or grandparent wanting to provide guidance, this book tackles the challenges of adolescence like no other. Combining proven techniques for dealing with life's obstacles and the youth and wit of writer Jay McGraw, Life Strategies for Teens is sure to improve the lives of all who read it.

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Teresa Davis LaFromboise, 1996 Suicide is a significant problem for many adolescents in Native American Indian populations. American Indian Life Skills Development Curriculum is a course for high school students and some middle school students that is designed to drastically reduce suicidal thinking and behavior.

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Linehan, 2014-10-20 Preceded by: Skills training manual for treating borderline personality disorder / Marsha M. Linehan. c1993.

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strategies to negotiate through economics and financial planning including loans, credit cards, taxation, and credit scores. Comprised of reading passages, graphic organizers, real-world activities, crossword, word search and comprehension quiz, our resource continues the study of necessary Life Skills everyone should learn before venturing out on their own. All of our content is reproducible and aligned to your State Standards and are written to Bloom's Taxonomy.

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life skills worksheets for adults: *Building Life Skill Portfolios* , 2008-02-01 Curriculum that showcases functional life and academic skills. A highly structured, comprehensive curriculum that allows students to work toward independence by learning functional life and academic skills. Following this program, students build a portfolio they take with them through the grades as they approach graduation.

life skills worksheets for adults: *Map Skills for Today: Grade 1* Scholastic Teaching Resources, 2018 From treasure maps to state maps, this fun and colorful map skills primer covers symbols, cardinal directions, the globe-map connection, and more.

life skills worksheets for adults: Practical Life Skills Big Book Gr. 9-12+ Lisa Renaud, 2018-08-14 Empower students with the confidence to live on their own. Our in-depth study combines the three lessons in this series: Independent Living, Managing Money, and Employment & Volunteering. Students will start by finding their own place to live and knowing how to get around. Then, students learn how to budget and prepare for their future. Finally, students join the workforce by learning how to write a resume and gaining valuable interview skills. Comprised of reading passages, graphic organizers, real-world activities, crossword, word search and comprehension quiz, our resource continues the study of necessary Life Skills everyone should learn before venturing out on their own. All of our content is reproducible and aligned to your State Standards and are written to Bloom's Taxonomy.

life skills worksheets for adults: *Applying Life Skills - Your Personal Relationships Gr. 6-12+ - Canadian Content* Sarah Joubert, 2022-11-25 **Please Note: this resource contains Canadian content. For American content, please see CCP5822.** Establish and maintain healthy and rewarding relationships with individuals and groups. Take a quiz to find out how Assertive you are. Get to know the building blocks of Collaboration. Match the level of Risk-taking to the scenario. Get tips to improve your own Decision-Making. Identify possible goals, barriers and Solutions to a series of Problems. Learn helpful breathing strategies as a form of Coping Skills. Follow a web guide to make sure you're Being a Responsible Digital Visitor or Resident. Comprised of reading passages, graphic organizers, real-world activities, crossword, word search and comprehension quiz, our resource combines high interest concepts with low vocabulary to ensure all learners comprehend the essential skills required in life. All of our content is reproducible and aligned to your Provincial Standards and are written to Bloom's Taxonomy.

life skills worksheets for adults: The Domestic Violence Survival Workbook John J. Liptak, Ester A. Leutenberg, 2009 Domestic abuse is very complex and can take many different forms physical, sexual, psychological, emotional and verbal. The five sections of the workbook help participants learn skills for recognizing and effectively dealing with abusive relationships. The self-assessments, activities and educational handouts are reproducible.

life skills worksheets for adults: *Practical Life Skills - Independent Living Gr. 9-12+* Lisa Renaud, 2018-05-29 Students gain the skills to live independently. Understand the difference between renting and buying a home. Then, become familiar with the expenses associated with living alone. From there, get to know bus routes to determine the fastest way to get around. Be prepared in case of fire with your own fire route plan. Find out how saving energy will save money. Finally, get to know who to contact in case of injury. Comprised of reading passages, graphic organizers, real-world activities, crossword, word search and comprehension quiz, our resource combines high interest concepts with low vocabulary to ensure all learners comprehend the essential skills required in life. All of our content is reproducible and aligned to your State Standards and are written to

Bloom's Taxonomy.

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