

# Life Skills Skillathon

## Part One

### Station 1: Sewing on Buttons

Task: Following the instructions, sew a button on to a piece of fabric.

Task Completed Successfully: Signed \_\_\_\_\_

### Station 2: Ironing Collard Shirts

Task: Given one wrinkled collard shirt, press it according to the ironing instructions using starch if applicable.

Task Completed Successfully: Signed \_\_\_\_\_

### Station 3: Ironing Dress Pants

Task: Given one pair of wrinkled dress pants, press them according to the ironing instructions.

Task Completed Successfully: Signed \_\_\_\_\_

### Station 4: Finding your Colors

Task: Using the colored collars and the instructions determine what color season you are.

My color season is: \_\_\_\_\_

Task Completed Successfully: Signed \_\_\_\_\_

### Station 5: Tying a Tie

Task: Following the instructions, tie a *Double Windsor* tie around your neck.

Task Completed Successfully: Signed \_\_\_\_\_

### **Station 6: Sorting & Folding Laundry**

Task 1: After reading about how to sort laundry, sort the pile of laundry into separate loads.

Task Completed Successfully: Signed \_\_\_\_\_

Task 2: After you have been checked off on sorting correctly, fold each of the items according to the instructions.

Task Completed Successfully: Signed \_\_\_\_\_

### **Station 7: Washing Machine & Dryer**

Task: Read on how to do the laundry, and follow the instructions given.

Task Completed Successfully: Signed \_\_\_\_\_

### **Station 8: Dye Stain Removal**

Task: Given a variety of different stains, use the products available to try to remove them.

Check the stains you successfully removed:

- Grass
- Ink
- Coffee
- Mustard

Task Completed Successfully: Signed \_\_\_\_\_

### **Station 9: Oil Based Stain Removal**

Task: Given a variety of different stains, use the products available to try to remove them.

Check the stains you successfully removed:

- Oil
- Mayonnaise
- Grease
- Lipstick

Task Completed Successfully: Signed \_\_\_\_\_