

4-H Growing Connections LIFE SKILLS Record Sheet

Belongs to: _____ Age: _____

Circle the number of stars to record which life skills you are learning and practicing.

* = I am learning this skill.

* * = I am getting better at this skill.

* * * = I am good at this skill.

HEAD - Thinking

*Clearly state my thoughts,
feelings, and ideas to others.*

Record 1 * * *

Record 2 * * *

Record 3 * * *

HEART - Cooperation

*Work well with others and
be able to follow instructions.*

Record 1 * * *

Record 2 * * *

Record 3 * * *

HANDS - Leadership

*Act as a good role model and
motivate others to action.*

Record 1 * * *

Record 2 * * *

Record 3 * * *

HEALTH - Choices

Make healthy food choices.

Record 1 * * *

Record 2 * * *

Record 3 * * *