I'll Do It Myself

Lion ADVENTURE

My Care Checklist

Requirement(s) 2



Gear up! Crayons and your adult partner.

Make your own personal-care checklist. With your adult, choose safe care tasks that fit your needs, such as caring for your teeth, washing, or getting dressed. Draw one task in each space you need. Leave unused spaces blank.

Morning

☐ My first task

☐ My next task

☐ Another task

Evening

☐ My first task

☐ My next task

☐ Another task

Point to your pictures and tell your adult what each one means. Try using your checklist at home. Ask for help when you need it; adults handle medicines and unsafe materials.

This chart does not replace any individual care advice from your family or health professional.

Original local activity worksheet - not an official Scouting America publication.