

# Becoming More Independent

## What to Know

Learning to become more independent is a great adventure that can be lots of fun. It means doing things on your own and feeling proud of your accomplishments. In this worksheet, you'll find activities and questions to help you become more independent and confident in taking care of yourself and your responsibilities.

Becoming more independent can make you feel confident, brave, and creative. You will eventually have more grown-up responsibilities and may even worry less.

## What to Do

First, you will try some very basic activities to build your independence. Check off each activity once you complete it.

\_\_\_\_\_ Activity 1: Getting dressed on your own is a big step toward independence. Put on your pants, shirt, and socks all by yourself. If you need help, that's okay too, but see how far you can go!

How did it feel to dress yourself? What was easy, and what was a bit tricky?

---

---

---

\_\_\_\_\_ Activity 2: Learning to set the table is a helpful skill and makes you more responsible. Set the table for a meal. Place plates, forks, knives, and spoons in their right spots.

What did you think about setting the table? Was it fun? Do you think you'll be able to do it again?

---

---

---

\_\_\_\_\_ Activity 3: Making your bed is a great way to start your day fresh and organized. Straighten your blankets and fluff your pillows to make your bed look neat and tidy.

How does your bed look now? Does it feel nice to have a clean and tidy space?

---

---

---

\_\_\_\_\_ Activity 4: Keeping your play area and bedroom clean and organized shows responsibility. Pick up your things and put them in the right places. Make your space look nice.

How does it feel when your bedroom or play area is clean and neat? Is it easier to find your stuff?

---

---

---

\_\_\_\_\_ Activity 5: Doing your homework is an important part of becoming independent at school. Sit down and complete a small homework task. You can ask for help if you need it but try your best first.

How did it feel to do your homework on your own? Did you learn something new?

---

---

---

\_\_\_\_\_ Activity 6: Independence is also about trying new things and expressing yourself. Draw a picture or build something all by yourself. Show your creativity!

What did you create? How does it feel to make something all on your own?

---

---

---

Now you will do a fun brainstorming activity. Write down as many ideas for fun independent activities as you can think of. Write down anything that comes to mind

that you want to try by yourself. Writing down an idea doesn't mean you'll end up doing it so you can be really creative and use your imagination. Come up with at least 12 ideas.

---

---

---

---

---

---

---

---

---

---

---

---

Feeling stuck? Here are some ideas!

Run in the rain.

Climb a tree.

Ride a bike.

Build something.

Ride a public bus.

Go sledding.

Play sports at the park.

Swim in a lake or the ocean.

Explore the local woods.

Start a lemonade stand.

Have a food or pillow fight.

Cut something open and see what's inside.

Walk outside while barefoot.

Catch or play with a bug.

Cut up vegetables or fruit.

Eat new and strange food.

Have a mud or snowball fight.

Skateboard or rollerblade.

Ride go-karts.

Go fishing.

Fly a kite at the park.

Play with water guns at the park.

Walk around with a blindfold.

Do a science experiment outside.

Fly paper planes in the park.

Go for a walk around the neighborhood.

Wash the car.

Go to the library and check out a book.

Draw with chalk outside.

Carve your name into a tree.

Make a fort outside.

Play basketball at the park.

Mow the lawn or do yard work.

Walk your dog or a neighbor's.

Volunteer.

Run errands for your parents.

The reason you want to try activities that might be challenging is because we want to prepare you for risky or challenging activities you'll have to do as you get older. Some ideas for risky activities include riding a bike or climbing a tree.

Use the following chart and write down activities you have never done before. Do at least one activity every day for one month. Write down the activity and then check off whether it will be outdoors, indoors, if you're doing it with friends, if it was difficult or challenging, and what you think will happen when you do the activity. Finally, write down what actually happened after you do the activity.

Activity	Outdoors	Indoors	With friend(s)	Challenging	What do you think will happen?	What actually happened?

Activity	Outdoors	Indoors	With friend(s)	Challenging	What do you think will happen?	What actually happened?

Activity	Outdoors	Indoors	With friend(s)	Challenging	What do you think will happen?	What actually happened?

Did this exercise help you feel more independent? Why or why not?

---



---



---