

How to become independent

- 1 Tick (✓) the appropriate box to see how independent you are. Add up your points. If your total score is nine or above, you are independent. Compare with a partner.

How often do you ...?	Always (3 points)	Sometimes (2 points)	Never (1 point)
1. go to school by yourself	☐	☐	☐
2. cook meals for your family	☐	☐	☐
3. communicate well with people	☐	☐	☐
4. think carefully before making decisions	☐	☐	☐
5. plan how to save and spend your pocket money	☐	☐	☐