

Skillie-Vee

Raising Capable, Confident Kids

The Skillie Map

A Life Skills Curriculum for Ages 0 – 12

What is the Skillie Map?

The Skillie Map is your complete guide to the life skills your child will develop across every key stage — from curious infant to confident pre-teen. Grounded in developmental psychology and designed for real families, it shows you exactly what to expect, celebrate, and gently nurture at every age.

0 - 3 Years

Infant & Toddler

3 - 6 Years

Pre-School

7 - 12 Years

School Age

6 Core Life Skill Domains:

Resilience & Growth Mindset

Emotional Intelligence

Welcome to the Skillie Map

Life skills aren't taught in a single lesson — they're built day by day, experience by experience, across the magical years of childhood. The **Skillie Map** gives parents, caregivers, and educators a clear, research-backed picture of how six essential life skill domains unfold from birth to age 12.

Use this map to **celebrate progress**, **plan playful activities**, and **understand what's developmentally right** for your child's stage — not to compare or rush.

How to Read This Map

Symbol	Meaning
Age Band	Each skill is shown across three developmental stages
Focus Line	The headline theme for that skill at that stage
Milestones	Concrete, observable behaviours to look for
■ → ■	Growth from first shoots to full bloom — at the child's own pace

The Three Developmental Stages

■ 0 – 3 Years

Infant & Toddler

The age of discovery. Everything is new. Skills focus on sensory experience, attachment, emotional co-regulation, and the very first steps of language and social awareness.

■ 3 – 6 Years

Pre-School / Early Childhood

The age of imagination and "why?". Children begin to self-regulate, form friendships, and develop foundational cognitive skills through structured play and stories.

■ 7 – 12 Years

School Age

The age of logic, identity, and social complexity. Children build independence, abstract thinking, empathy, and the tools to navigate an increasingly complex world.

Emotional Intelligence (EI)

Life Skill Domain 1 of 6

0 – 3 Years

Infant & Toddler

Focus: Emotion Naming & Co-Regulation

- ◆ Recognise & name primary emotions (happy, sad, angry, scared, surprised)
- ◆ Use simple words or gestures to express feelings ("I feel angry")
- ◆ Begin basic self-regulation — pausing, deep breath with cues from caregiver
- ◆ Recognise emotions in familiar faces (mummy is sad)
- ◆ Start to seek comfort when upset

3 – 6 Years

Pre-School / Early Childhood

Focus: Self-ID, Self-Regulation & Early Empathy

- ◆ Self-identify ≥60% of primary emotions accurately and independently
- ◆ Apply self-regulation strategies 60% of the time with minimal adult prompting
- ◆ Begin to recognise emotions in peers and respond with basic empathy
- ◆ Understand that others can feel differently than they do
- ◆ Use "feeling words" in conversation and play

7 – 12 Years

School Age

Focus: Self-Regulation, Empathy & Conflict Resolution

- ◆ Reliably self-identify and self-regulate primary & secondary emotions
- ◆ Demonstrate empathy — validate a friend's feelings without being prompted
- ◆ Navigate conflict using structured steps (calm → listen → problem-solve)
- ◆ Recognise how emotions affect decisions and behaviour
- ◆ Develop emotional vocabulary for nuanced states (frustrated, proud, jealous)

Critical Thinking & Problem Solving

Life Skill Domain 2 of 6

0 – 3 Years

Infant & Toddler

Focus: Curiosity & Exploration

- ◆ Explore cause-and-effect through play ("what happens if I drop this?")
- ◆ Attempt simple puzzles with adult support
- ◆ Ask "why?" and "what?" questions repeatedly
- ◆ Try multiple approaches to reach a desired object or outcome

3 – 6 Years

Pre-School / Early Childhood

Focus: Prediction & Simple Reasoning

- ◆ Sort and classify objects by colour, shape, size
- ◆ Make simple predictions before an activity ("I think it will sink")
- ◆ Work through 2–3 step problems with minimal adult help
- ◆ Identify "what went wrong" in a failed attempt and try again

7 – 12 Years

School Age

Focus: Analytical Thinking & Reflection

- ◆ Break a complex problem into smaller steps independently
- ◆ Evaluate multiple solutions and choose the most suitable
- ◆ Apply logical reasoning in academic and real-life situations
- ◆ Reflect on outcomes — "What worked? What would I change?"
- ◆ Distinguish fact from opinion in age-appropriate content



Communication & Social Skills

Life Skill Domain 3 of 6

0 – 3 Years

Infant & Toddler

Focus: Basic Expression & Listening

- ◆ Use words, gestures, or pointing to communicate needs
- ◆ Engage in brief back-and-forth exchanges (proto-conversations)
- ◆ Begin parallel play alongside peers
- ◆ Listen to short stories and simple instructions

3 – 6 Years

Pre-School / Early Childhood

Focus: Turn-Taking, Cooperation & Negotiation

- ◆ Take turns in conversation — speak and listen
- ◆ Engage in co-operative play with 1–3 peers
- ◆ Follow multi-step verbal instructions
- ◆ Express needs and disagreements using words rather than tantrums
- ◆ Begin to share and negotiate during play

7 – 12 Years

School Age

Focus: Collaboration, Presentation & Adaptability

- ◆ Initiate and sustain meaningful conversations on various topics
- ◆ Present ideas clearly to a group (show-and-tell, classroom discussion)
- ◆ Collaborate effectively in team tasks and group projects
- ◆ Adapt communication style to different audiences (peer vs. teacher)
- ◆ Practise active listening and ask relevant follow-up questions

Resilience & Growth Mindset

Life Skill Domain 4 of 6

0 – 3 Years

Infant & Toddler

Focus: Persistence & Comfort with Novelty

- ◆ Attempt new activities without excessive fear of failure
- ◆ Accept brief frustration before seeking help
- ◆ Celebrate small achievements ("I did it!")
- ◆ Return to a calming activity after an upset

3 – 6 Years

Pre-School / Early Childhood

Focus: "Yet" Mindset & Effort Identity

- ◆ Try again after a setback with minimal adult encouragement
- ◆ Start to use language of effort ("I'll keep trying")
- ◆ Distinguish between "I can't do it yet" and "I can't do it ever"
- ◆ Celebrate effort as much as achievement

7 – 12 Years

School Age

Focus: Autonomy, Goal-Setting & Peer Support

- ◆ Articulate a growth mindset — "My brain grows when I practise"
- ◆ Independently recover from significant setbacks and failures
- ◆ Set stretch goals and track progress over time
- ◆ Reframe mistakes as learning opportunities without adult prompting
- ◆ Support peers who are struggling with encouragement and empathy

Financial Literacy

Life Skill Domain 5 of 6

0 – 3 Years

Infant & Toddler

Focus: Money Awareness

- ◆ Understand that money is exchanged for goods ("we pay for things")
- ◆ Identify coins and notes by name
- ◆ Grasp the concept of "not enough money"
- ◆ Enjoy pretend shop / play-based money activities

3 – 6 Years

Pre-School / Early Childhood

Focus: Needs vs. Wants & Saving

- ◆ Distinguish between needs and wants
- ◆ Understand that money is earned through work
- ◆ Begin saving toward a small goal (piggy bank)
- ◆ Grasp basic counting of small amounts

7 – 12 Years

School Age

Focus: Budgeting, Value & Delayed Gratification

- ◆ Create a simple spend / save / give budget
- ◆ Understand the concept of interest and delayed reward
- ◆ Research before making a purchase ("is this good value?")
- ◆ Discuss where family money comes from and goes (age-appropriate)
- ◆ Begin understanding digital payments and online safety with money

Self-Care & Health Literacy

Life Skill Domain 6 of 6

0 – 3 Years

Infant & Toddler

Focus: Routines & Body Awareness

- ◆ Developing routines — sleep, eating, toileting with caregiver support
- ◆ Basic hygiene habits: hand-washing, tooth-brushing with prompts
- ◆ Recognise hunger, tiredness, and pain and communicate them
- ◆ Safe vs. unsafe touch — simple body autonomy awareness

3 – 6 Years

Pre-School / Early Childhood

Focus: Independence & Health Awareness

- ◆ Complete hygiene routines independently most of the time
- ◆ Understand the connection between food, sleep, and how they feel
- ◆ Know when and how to ask a trusted adult for help
- ◆ Basic first-aid awareness (tell an adult, don't touch wounds)
- ◆ Understand "my body, my choice" — consent basics

7 – 12 Years

School Age

Focus: Holistic Wellbeing & Help-Seeking

- ◆ Understand the components of physical and mental wellbeing
- ◆ Make healthier food choices when given options
- ◆ Develop a personal self-care toolkit (exercise, sleep, mindfulness)
- ◆ Recognise signs of stress in themselves and peers
- ◆ Know how to access help — school counsellor, helplines, trusted adults

What Comes Next?

The Skillie Map is just the beginning. **Skillie-Vee** is building a full platform that translates every milestone into **guided activities, parent coaching, progress tracking, and a community** of families who believe in raising capable, confident kids.

Be the first to know when we launch:

Join the Waitlist

Drop your email at skillie-vee.com and get early access, exclusive content, and a free full-colour Skillie Map poster for your home.

Every skill on the Skillie Map was developed with reference to established frameworks in child development, including Erikson's psychosocial stages, Vygotsky's zone of proximal development, Daniel Goleman's emotional intelligence model, and Carol Dweck's growth mindset research. Activities and milestones are designed to be inclusive and are not diagnostic tools.