

Adaptive & Life Skills IEP Goals — Middle School

17 measurable goals written to IDEA standards. Replace [student] and [date]; adjust criteria to the student's baseline.

Community-based instruction matters here — a student who can plan a budget on a worksheet may not yet manage money in an actual store. Practice in the real or simulated setting whenever the goal allows it.

HYGIENE & PERSONAL CARE INDEPENDENCE

1. [student] will independently manage a full personal hygiene and grooming routine appropriate to their developmental stage, with 90% accuracy across 4 of 5 checks.
2. [student] will select and care for their own clothing (laundry sorting, weather-appropriate choices) with adult support fading, across 4 of 5 observed opportunities.

MEAL PREPARATION & NUTRITION

3. [student] will prepare a simple cooked meal or snack (microwave or supervised stovetop) following a written recipe, with 80% accuracy across 4 of 5 trials.
4. [student] will follow food safety practices (expiration dates, safe handling, kitchen cleanup) during a food prep task, in 4 of 5 observed opportunities.
5. [student] will plan a balanced meal or snack using a nutrition guide, with 80% accuracy across 4 of 5 trials.

MONEY MANAGEMENT & BUDGETING

6. [student] will create and follow a simple budget for a given scenario, with 80% accuracy across 4 of 5 trials.
7. [student] will calculate tax, tip, or a discount on a purchase, with 80% accuracy across 4 of 5 trials.
8. [student] will compare prices or value between two options and justify a choice, with 75% accuracy across 4 of 5 trials.

TIME MANAGEMENT & ORGANIZATION

9. [student] will use a planner or digital calendar to track assignments and personal commitments across a full school day, with adult support fading, across 4 of 5 school days.
10. [student] will estimate how long a task will take and complete it within that estimate, with 80% accuracy across 4 of 5 trials.

COMMUNITY & TRANSPORTATION SKILLS

11. [student] will read and interpret a map, schedule, or sign to navigate a familiar community setting, with 80% accuracy across 4 of 5 trials.
12. [student] will identify and follow the steps to use public or school transportation independently, with 80% accuracy across 4 of 5 trials or simulations.
13. [student] will identify and respond appropriately to a community safety scenario (a stranger, getting lost, a minor injury), with 80% accuracy across 4 of 5 trials.

HOUSEHOLD & DIGITAL LIFE SKILLS

14. [student] will complete a multi-step household chore or responsibility (laundry, meal cleanup) independently, across 4 of 5 observed opportunities.
15. [student] will manage a personal device or account (school email, a learning platform) responsibly, following digital safety rules, across 4 of 5 observed instances.
16. [student] will care for a personal or shared item, returning it in usable condition, with 1 or fewer reminders, across 4 of 5 checks.
17. [student] will independently pack and organize materials needed for a full school day or activity, in 4 of 5 observed opportunities.

Using These Life Skills Goals at 6th – 8th Grade

Match the kitchen task to real supervision level

A microwave task is appropriate before a stovetop task for many students — write the goal for the equipment actually available.

Budgeting goals need real numbers, not hypotheticals

Use this student's actual allowance or a real price list instead of a generic worksheet scenario.

Digital life skills are life skills now

Managing a school account responsibly is as real a life skill as managing a locker, and deserves its own goal line.

Time estimation is a skill separate from time-telling

Reading a clock is different from judging how long a task will actually take — measure the estimate against the real outcome.

Community-based practice works best in the real or a closely simulated setting — a worksheet about the bus schedule is a starting point, not the finish line.

Tired of rebuilding these forms every year?

IEP Goal Writer also drafts your PLAAFP and progress notes from the same student profile — free to try at iepgoalwriter.pro