



# CHORES

## FOR 2-3 YEAR OLDS

<input type="checkbox"/>	<b>PUT TOYS BACK IN A BIN</b>
<input type="checkbox"/>	<b>STACK BOOKS ON A SHELF</b>
<input type="checkbox"/>	<b>WIPE SMALL SPILLS WITH A TOWEL</b>
<input type="checkbox"/>	<b>CARRY PLASTIC PLATES OR CUPS TO THE TABLE</b>
<input type="checkbox"/>	<b>WIPE THEIR TABLE OR HIGH CHAIR TRAY WITH A CLOTH</b>
<input type="checkbox"/>	<b>THROW AWAY NAPKINS OR WRAPPERS</b>
<input type="checkbox"/>	<b>PUT PLASTIC SPOONS AND FORKS IN A DRAWER</b>
<input type="checkbox"/>	<b>HELP MIX INGREDIENTS WITH SUPERVISION</b>
<input type="checkbox"/>	<b>MATCH SOCKS WHILE FOLDING LAUNDRY</b>
<input type="checkbox"/>	<b>WATER INDOOR PLANTS WITH A SMALL CUP</b>
<input type="checkbox"/>	<b>CARRY SMALL, LIGHTWEIGHT GROCERY ITEMS FROM A BAG</b>
<input type="checkbox"/>	<b>PLACE LAUNDRY IN BASKET</b>



# CHORES

FOR 4-5 YEAR OLDS

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**PICK UP AND SORT TOYS AFTER PLAYTIME**

☐

**MAKE THEIR BED (PULL UP COVERS, ARRANGE PILLOWS)**

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**PUT DIRTY CLOTHES IN THE LAUNDRY BASKET**

☐

**MATCH SOCKS AFTER LAUNDRY**

☐

**DUST LOW SURFACES LIKE TABLES AND SHELVES**

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**HELP PUT GROCERIES AWAY (LIGHT ITEMS)**

☐

**ASSIST WITH FOLDING SMALL TOWELS**

☐

**SET THE TABLE (NAPKINS, UTENSILS, NON-BREAKABLE PLATES/CUPS)**

☐

**WIPE SPILLS AND SMALL MESSSES**

☐

**HELP WITH MEAL PREP (TEAR LETTUCE, RINSE FRUITS AND VEGGIES, MIX INGREDIENTS)**

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**HELP PACK THEIR BAG FOR OUTINGS**

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**WATER PLANTS WITH A SMALL WATERING CAN**



# CHORES

## FOR 6-8 YEAR OLDS

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**HELP MAKE A GROCERY LIST**

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**HELP WITH MEAL PLANNING (CHOOSING FOODS, MAKING LISTS)**

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**HELP LOAD AND UNLOAD THE DISHWASHER AND WASHING MACHINE**

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**WIPE KITCHEN COUNTERS AND TABLES AFTER MEALS**

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**SORT RECYCLING ITEMS (PAPER, PLASTIC, CANS, ETC.)**

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**HELP PREPARE SIMPLE MEALS (SPREADING BUTTER, POURING CEREAL, STIRRING)**

☐

**VACUUM RUGS OR CARPETS**

☐

**ORGANISE THEIR BOOKSHELF OR TOY SHELF**

☐

**MAKE THEIR BED NEATLY**

☐

**SET THE TABLE PROPERLY WITH DISHES AND UTENSILS**

☐

**CHANGE PILLOWCASES OR HELP WITH FRESH BED SHEETS**

☐

**CHECK AND REFILL PET WATER BOWLS**



# CHORES

## FOR 9-12 YEAR OLDS

<input type="checkbox"/>	<b>MAKE THEIR BED AND CHANGE BED SHEETS</b>
<input type="checkbox"/>	<b>PREPARE SIMPLE BREAKFASTS AND MEALS (TOAST, CEREAL, SANDWICHES)</b>
<input type="checkbox"/>	<b>WASH DISHES OR LOAD/UNLOAD THE DISHWASHER INDEPENDENTLY</b>
<input type="checkbox"/>	<b>FOLD AND PUT AWAY LAUNDRY NEATLY</b>
<input type="checkbox"/>	<b>VACUUM CARPETS AND FLOORS</b>
<input type="checkbox"/>	<b>HELP PACK THEIR OWN LUNCH FOR SCHOOL</b>
<input type="checkbox"/>	<b>WATER PLANTS REGULARLY</b>
<input type="checkbox"/>	<b>CLEAN UP AFTER PETS (SWEEP HAIR, REFILL FOOD AND WATER)</b>
<input type="checkbox"/>	<b>DUST SHELVES AND WIPE COUNTERS</b>
<input type="checkbox"/>	<b>CARRY IN AND HELP PUT AWAY GROCERIES</b>
<input type="checkbox"/>	<b>SORT OUT OLD CLOTHES AND DONATE UNWANTED ITEMS</b>
<input type="checkbox"/>	<b>ASSIST IN MINOR HOME REPAIRS (TIGHTENING SCREWS, REPLACING BATTERIES)</b>