

# Household Chore Options for 16+ year-olds

These are chores or responsibilities for the household and family.

Household Cleaning:	Food/ Meals:
<ul style="list-style-type: none"><li><input type="checkbox"/> Sweep the floor</li><li><input type="checkbox"/> Collect and take out the trash</li><li><input type="checkbox"/> Sort and take out recycling</li><li><input type="checkbox"/> Dust</li><li><input type="checkbox"/> Clean bathroom sink/counters/toilet</li><li><input type="checkbox"/> Kitchen cleanup – wipe down refrigerator shelves, microwave, oven</li><li><input type="checkbox"/> Vacuum floors</li><li><input type="checkbox"/> Vacuum furniture</li><li><input type="checkbox"/> Water plants or flowers</li><li><input type="checkbox"/> Wash dishes, pots and pans in the sink</li><li><input type="checkbox"/> Load and unload the dishwasher, put away dishes</li><li><input type="checkbox"/> Mop the floor</li><li><input type="checkbox"/> Wash windows and mirrors</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Put away groceries</li><li><input type="checkbox"/> Go grocery shopping</li><li><input type="checkbox"/> Organize the pantry</li><li><input type="checkbox"/> Make dinner (x ? nights per week)</li><li><input type="checkbox"/> Make breakfast/lunch</li><li><input type="checkbox"/> Clean up after dinner, clean table and counters</li><li><input type="checkbox"/> Help with dinner preparations</li><li><input type="checkbox"/> Clear table space and set the table</li><li><input type="checkbox"/> Scrape dishes into trash and put in dishwasher/sink</li><li><input type="checkbox"/> Transfer leftover food into Tupperware containers</li><li><input type="checkbox"/> Wash the table after meals</li><li><input type="checkbox"/> Pack lunch for school</li><li><input type="checkbox"/> Unload/empty lunch box, putting items away or in sink/dishwasher</li></ul>
Laundry:	Family Relationships:
<ul style="list-style-type: none"><li><input type="checkbox"/> Fold clean laundry and put away</li><li><input type="checkbox"/> Hang up wet laundry</li><li><input type="checkbox"/> Do the laundry (wash, dry, fold)</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Help a younger sibling with life skills as needed (zip coat, put away toys, choose outfit, etc.)</li><li><input type="checkbox"/> Help younger siblings with homework or schoolwork</li><li><input type="checkbox"/> Babysit or mother's helper. Be responsible for younger siblings. Play games, read, or play (not just watch TV)</li><li><input type="checkbox"/> Complete the chore by mentoring or modeling for a younger sibling (ultimately the 16+ year old is responsible for the task)</li></ul>
Pets:	
<ul style="list-style-type: none"><li><input type="checkbox"/> Feed pet and clean up after pet</li><li><input type="checkbox"/> Clean cage/tank</li><li><input type="checkbox"/> Walk the pet, exercise</li></ul>	

### Outdoor:



**Add Your Own** – Add chores that work for your specific family and living situation. For example, if you live on a farm, your teen may collect chicken eggs.

- ☐ Rake leaves and/or scoop leaf piles into bags
- ☐ Blow leaves
- ☐ Shovel snow – clear the walkway or driveway
- ☐ Clean snow off the car
- ☐ Water plants/flowers
- ☐ Pull weeds
- ☐ Clean the car – vacuum, wipe windows
- ☐ Organize shed, garage, or other areas as designated
- ☐ Mow the lawn and other landscaping, move brush, trim hedges

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