

Chore Options for 5-7-year-olds

Household Cleaning:	Food/ Meals:
<input type="checkbox"/> Sweep the floor <input type="checkbox"/> Collect trash from bathroom, bedrooms, etc. <input type="checkbox"/> Dust (choose reachable and non-breakable places/items) <input type="checkbox"/> Clean up/organize toys <input type="checkbox"/> Organize kids' books on bookshelves <input type="checkbox"/> Make bed <input type="checkbox"/> Clean bathroom sink/counters	<input type="checkbox"/> Help carry light bags of groceries from store or car <input type="checkbox"/> Put away groceries <input type="checkbox"/> Help with dinner preparations <ul style="list-style-type: none"> <input type="checkbox"/> Wash produce <input type="checkbox"/> Find ingredients <input type="checkbox"/> Rip up lettuce <input type="checkbox"/> Season foods <input type="checkbox"/> Mix non-hot food items <input type="checkbox"/> Simple chopping using kid-safe knives
Laundry: <ul style="list-style-type: none"> <input type="checkbox"/> Sort dirty laundry (ex: whites and colors) <input type="checkbox"/> Fold clean laundry (especially towels, pants, underwear, and matching socks) <input type="checkbox"/> Put clean laundry away in drawers/bins <input type="checkbox"/> Hang up wet laundry 	<input type="checkbox"/> Set the table <input type="checkbox"/> Scrape dishes into trash and put in dishwasher/sink <input type="checkbox"/> Put away refrigerated items from the table <input type="checkbox"/> Wash the table after meals <input type="checkbox"/> Prepare simple snacks <input type="checkbox"/> Pack lunch for school <input type="checkbox"/> Unload/empty lunch box, putting items away or in sink/dishwasher <input type="checkbox"/> Help make shopping list for groceries and other household supplies <input type="checkbox"/> Help plan the weekly menu
Outdoor: <ul style="list-style-type: none"> <input type="checkbox"/> Rake leaves and/or scoop leaf piles into bags <input type="checkbox"/> Help shovel snow <input type="checkbox"/> Water plants/flowers <input type="checkbox"/> Pull weeds <input type="checkbox"/> Get mail/newspaper <input type="checkbox"/> Help parents wash car 	Add Your Own – Add chores that work for your specific family and living situation. For example, if you live on a farm, the kids may collect chicken eggs. <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Pets: <ul style="list-style-type: none"> <input type="checkbox"/> Feed pet <input type="checkbox"/> Clean up after pet 	