

## Chore Options for 7-11-year-olds

### Household Cleaning:



### Food/ Meals:

- ☐ Sweep the floor
- ☐ Collect trash from bathroom, bedrooms, etc.
- ☐ Dust (choose reachable and non-breakable places/items)
- ☐ Clean up/organize toys
- ☐ Organize kids' books on bookshelves
- ☐ Make bed
- ☐ Help change sheets
- ☐ Refill toilet paper and paper towels
- ☐ Clean bathroom sink/counters
- ☐ Vacuum floors (only if a battery-powered/ cordless vacuum or Dustbuster is available)
- ☐ Water plants or flowers

### Laundry:

- ☐ Sort dirty laundry (ex: whites and colors)
- ☐ Fold clean laundry (if new to folding, start with socks, underwear, towels, and pants and advance to shirts and more complex folds)
- ☐ Carry laundry to and from machines
- ☐ Put clean laundry away in drawers/bins
- ☐ Hang up wet laundry
- ☐ Transfer laundry from washer to dryer
- ☐ Lay out clothes/planned outfits for the day and/or week ahead of time

- ☐ Help carry light bags of groceries from store or car
- ☐ Put away groceries
- ☐ Help with dinner preparations
  - ☐ Wash produce
  - ☐ Find ingredients
  - ☐ Rip up lettuce
  - ☐ Season foods
  - ☐ Mix non-hot food items
  - ☐ Simple chopping using kid-safe knives
- ☐ Set the table
  - ☐ Fold napkins
- ☐ Clear table space
- ☐ Scrape dishes into trash and put in dishwasher/sink
- ☐ Put away refrigerated items from the table
- ☐ Transfer leftover food into Tupperware containers
- ☐ Wash the table after meals
- ☐ Prepare simple snacks
- ☐ Pack lunch for school
- ☐ Unload/empty lunch box, putting items away or in sink/dishwasher
- ☐ Help make shopping list for groceries and other household supplies
- ☐ Help plan the weekly menu
- ☐ Make simple breakfasts (cereal and milk, yogurt, microwave oatmeal)

## Chore Options for 7-11-year-olds

Outdoor:	Pets:
<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"/> Assist in window cleaning <input type="checkbox"/> Help parents wash car <input type="checkbox"/> Stack plastic chairs <input type="checkbox"/> Organize shed, garage, or other areas as designated	<input type="checkbox"/> Feed pet <input type="checkbox"/> Clean up after pet <input type="checkbox"/> Clean cage <input type="checkbox"/> Help with grooming (try tasks like pass the soap, dry off specific area, etc.) <input type="checkbox"/> Train pet <input type="checkbox"/> Walk (in a safe area with adult)
Family Relationships:	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"/> Help a younger sibling with life skills as needed (zip coat, put away toys, choose outfit, etc.). <input type="checkbox"/> Complete the chore by mentoring or modeling for a younger sibling (ultimately the 7-11 is responsible for the task).	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

