## Chore List Kids Can Do

Helpful guide to introduce your kids to household responsibilities, teaching what it means to be part of a family, and preparing them for their future.

Preschool	Middle School
<ul> <li>□ Put toys away</li> <li>□ Follow one-step directions</li> <li>□ Feed &amp; water family pets</li> <li>□ Wipe up spills with towel</li> <li>□ Put clothes in hamper</li> <li>□ Make their own bed</li> <li>□ Gather &amp; help sort laundry</li> <li>□ Clear the table</li> <li>□ Help put groceries away</li> </ul>	<ul> <li>☐ All previous chores</li> <li>☐ Make meals</li> <li>☐ Use the weed-whip</li> <li>☐ Mow the lawn</li> <li>☐ Clean the family car</li> <li>☐ Clean tub / shower</li> <li>☐ Make family grocery list</li> <li>☐ Help with family grocery shopping</li> <li>☐ Babysit / Volunteer with kids</li> </ul>
Elementary	High School
<ul> <li>All previous chores</li> <li>Help set the table</li> <li>Bring in the mail</li> <li>Fold &amp; put away towels</li> <li>Pick up their rooms</li> <li>Rake leaves / sweep walkway</li> <li>Load / unload dishwasher</li> <li>Unpack lunchbox</li> </ul> Older Elementary <ul> <li>All previous chores</li> <li>Help wash the car</li> <li>Organize and wipe out fridge</li> <li>Wash, dry, and put away dishes</li> <li>Vacuum / sweep / mop</li> <li>Cook simple meals</li> <li>Take garbage out, cans to curb and bring back when empty</li> <li>Pack own lunch</li> <li>Clean toilet</li> </ul> www.mkgparentcoach.com	<ul> <li>☐ All previous chores</li> <li>☐ Get their first job</li> <li>☐ Run family errands</li> <li>☐ Make own appointments (hair cut etc.)</li> <li>☐ Prepare a family meal (weekly/ monthly) and clean up</li> <li>☐ Mow lawn and other yard work</li> <li>☐ Basic car maintenance (oil change / tire pressure / check fluids)</li> <li>☐ Deep cleaning of house appliances (microwave, oven, etc.)</li> <li>☐ Clean the bathroom</li> <li>☐ Tend to their room and personal space</li> <li>☐ Pay a bill consistently (even to parent)</li> <li>☐ Do their own laundry</li> <li>☐ Create a schedule to assist with time management: work schedule, school responsibilities, athletics / curricular</li> </ul>