



Ages 3-4

- ☐ Pick up toys and books
- ☐ Put dirty clothes in a hamper
- ☐ Help dress themselves (e.g. socks)
- ☐ Wipe down surfaces
- ☐ Set the table
- ☐ Water plants
- ☐ Feed pets with pre-portioned food
- ☐ Dust low surfaces with a duster or cloth
- ☐ Help stir or mix ingredients
- ☐ Carry non-breakable items to the table

Ages 5-6

- ☐ Make their bed
- ☐ Get dressed
- ☐ Brush teeth and hair
- ☐ Put away their own shoes and coat
- ☐ Empty small trash cans
- ☐ Dust furniture
- ☐ Help set the table
- ☐ Clear their own dishes
- ☐ Help prepare simple meals
- ☐ Help pull weeds

Ages 7-8

- ☐ Take care of personal hygiene
- ☐ Organize their room
- ☐ Put away laundry
- ☐ Sweep floors
- ☐ Help with dusting
- ☐ Load and unload the dishwasher
- ☐ Wipe counters
- ☐ Help take out the trash
- ☐ Wash dishes by hand
- ☐ Put away groceries

Ages 9-10

- ☐ Prepare simple meals (e.g. sandwiches)
- ☐ Follow basic recipes
- ☐ Load and unload the dishwasher
- ☐ Wash and dry dishes
- ☐ Make shopping lists
- ☐ Rake leaves, shovel snow, or pull weeds
- ☐ Mow the lawn with supervision
- ☐ Water plants or gardens
- ☐ Help wash and detail the car
- ☐ Start a load of laundry

Ages 11-12

- ☐ Manage their schedule
- ☐ Vacuum or mop floors
- ☐ Wash, dry, fold, and put away laundry
- ☐ Clean windows and mirrors
- ☐ Dust furniture, baseboards, fans
- ☐ Empty and clean trash cans
- ☐ Clean bathrooms,
- ☐ Organize common areas
- ☐ Clean kitchen counters, and table
- ☐ Water plants, and prune small shrubs

Ages 13-14

- ☐ Do personal laundry
- ☐ Budget/track allowances or earnings
- ☐ Grocery shop
- ☐ Pack school lunches
- ☐ Wash cars
- ☐ Help with gardening tasks
- ☐ Assist with minor outdoor repairs
- ☐ Babysit younger siblings
- ☐ Learn basic home maintenance skills
- ☐ Run errands (with transportation)

