



CHORES LIST

One of our most popular downloads, this resource reminds parents that it is a good idea to ask children to participate in family life and gives age-appropriate ideas for tasks that children of all age should be able to do.



“

Parents can support executive function development by including children in kitchen tasks and home chores. Young children love doing adult jobs because it makes them feel grown up. Tasks like cooking, cleaning up, organising laundry, setting the table and so on, use lots of executive functions and at the same time young children will be having fun, developing confidence and practical skills.

”

*Professor Adele Diamond
Developmental Cognitive Neuroscientist*



DR KATHY WESTON®
EVIDENCE-BASED APPROACHES TO PARENTING

Chores List

NAME

AGE

WHICH CHORES ARE ON MY LIST?

- Tidy Toys into "picture-labelled" boxes
- Stack books on shelf
- Put dirty things in laundry basket
- Place litter in the bin
- Fetch little things for parents
- Turn off the TV
- Sweep floor with dustpan and brush
- Wipe table down with wrung out cloth
- Tidy my favourite things into special drawer
- Wash up my paint brushes and pots
- Scrub my fingernails
-
-
-
-
-

*I have completed my chores for the week,
and I am now entitled to*

.....
maybe something fun, pocket money or a playdate (or virtual playdate should it apply)

Chores List

NAME

AGE

WHICH CHORES ARE ON MY LIST?

- Help younger siblings put on coat and shoes
- Pour out cereal and milk
- Spread butter on my toast
- Water houseplants (light supervision required!)
- Change the water in the pet bowl
- Polish wooden furniture with duster and spray
- Use a broom
- Wash fruit or veg with a sieve
- Count out the cutlery and napkins for tea
- Tidy shoes
- Pair socks¹
- Throw the ball for the dog in the garden
- Use dustpan and brush
- Use a small Hoover
- Distribute toilet rolls
- Make simple snacks²
-
-
-
-

¹ Warning: this may turn into a fun yet competitive game between siblings. | ² Many children at this age enjoy being a sous-chef in the kitchen under your guidance!

*I have completed my chores for the week,
and I am now entitled to*

.....
maybe something fun, pocket money or a playdate (or virtual playdate should it apply)

Chores List

NAME

AGE

WHICH CHORES ARE ON MY LIST?

- Tidy bedroom
- Do the recycling³
- Lay the table for meals
- Answer the front door
- Collect mail and give it out⁴
- Help load and unload the washing machine⁵
- Turn off lights to save energy
- Pick up litter in the garden or around the house
- Use dust wipes to clean doorknobs
- Rinse and dry plates
- Put pillow cases on pillows⁶
- Unpack the groceries
- Rinse items before recycling
- Bring things upstairs
- Put clean laundry away
- Tidy cushions
- Give family pet clean water and food
-
-
-

³ Best to assign a role to each sibling! (For example: eldest may recycle all the glass, youngest, the plastic etc. Use your judgment.) | ⁴ Will require identifying names! So a good task for literacy. They may even learn their own address doing this job. | ⁵ Parents may be fearful of allowing young children near electric appliances at all, but your under guidance, they can become safety conscious and able to understand risk. | ⁶ Warning: this can lead to extended, fun pillow fights...

*I have completed my chores for the week,
and I am now entitled to*

.....
maybe something fun, pocket money or a playdate (or virtual playdate should it apply)

Chores List

NAME

AGE

WHICH CHORES ARE ON MY LIST?

- Help with the online shopping
- Charge electronic gadgets
- Write shopping list⁷
- Clean out the car
- Put soap in bathroom
- Tidy clothes away neatly
- Help fill dishwasher with salt⁸
- Fetch parcel from the neighbour⁹
- Peel veg
- Identify any light bulbs or batteries that need replacing
- Gather up old batteries for recycling
- Polish school shoes¹⁰
- Assist with baking and cooking the tea¹¹
- Use mini hoover to clean the car
- Remove fluff from tumble dryer
- Polish the wood
- Sweep floors
- Empty and fill dishwasher
- Shred confidential papers¹²
-

⁷ In their best hand-writing of course! ⁸ A task best done under your guidance – normally with a jug or funnel.

⁹ When my children do this, they often cross a road. I remind them about the road safety rules and watch from the door! | ¹⁰ Very unpopular job until they realise how messy and fun it can be! Best done outside... | ¹¹ Remember to build in natural chat about numbers (measuring out amounts, counting, doubling, adding, subtracting, weighing, etc.) Maths and cooking are very compatible. | ¹² Arguably most popular job – its noisy, can be messy and there is lots of shredded paper to play with afterwards! Teaches them to be patient too – if you rush the paper gets stuck!

*I have completed my chores for the week,
and I am now entitled to*

.....
maybe something fun, pocket money or a treat with friends (perhaps a shared online movie evening)

Chores List

NAME

AGE

WHICH CHORES ARE ON MY LIST?

- Collect laundry
- Use the washing machine
- Hang up laundry to dry
- Clean the outside of cars¹⁴
- Post letters in nearby postbox¹⁵
- Wrap presents and write cards
- Call grandparents for chats
- Do the online shop¹⁶
- Make their bed
- Brush front porch
- Weed the garden
- Hoover their rooms
- Tidy food cupboards
- Help you with the filing¹⁷
- Cook a complete meal¹⁸
- Read to younger siblings or listen to them read
- Take dog for a walk¹⁹
- Clean windows
- Valet the car
-
-

¹⁴ Just make sure they know that if little stones get on the sponge, things will not go well.... | ¹⁵ It may feel scary to let them walk around the corner to post a letter, but the first time they do it, they come home buzzing! Independence feels great. | ¹⁶ The first time I let my son do this solo, we ended up with 20 packets of lollies. Best done under supervision. Can they spot a bargain? What represents the best value? Can they compare the prices and brands? What would a 10% reduction mean? Lots of opportunities here to build their mental maths skills and their touch typing! | ¹⁷ Requires knowledge of alphabetical order... | ¹⁸ The sooner they understand food hygiene, preparation and cooking, the better. In 8 years' time, they will be fending for themselves... | ¹⁹ Make sure they bring poo-bags!

*I have completed my chores for the week,
and I am now entitled to*

.....
maybe something fun, pocket money or a treat with friends (perhaps a shared online movie evening)