



# ★ AGE APPROPRIATE CHORES ★



	SELF CARE	LANUDRY	PUT THINGS IN PLACES	CLEANING	CARE OF OTHERS	COOKING
2-3Y	<ul style="list-style-type: none"> <li>• Make bed</li> <li>• Understand &amp; need for basic health care</li> <li>• Pack their own school bag with assistant</li> </ul> 	<ul style="list-style-type: none"> <li>• Put dirty clothes in basket</li> <li>• Used Cloth sorting</li> <li>• Wash clothes (small pieces)</li> <li>• Fold Towels</li> <li>• Match socks</li> </ul> 	<ul style="list-style-type: none"> <li>• Put favorite toys in designated place (toy box closet)</li> </ul> 	<ul style="list-style-type: none"> <li>• Wipe up spills</li> <li>• Throw away trash</li> <li>• Basic bin sorting</li> </ul> 	<ul style="list-style-type: none"> <li>• Water the plants</li> </ul>  	<ul style="list-style-type: none"> <li>• Make easy snacks or meal (2-3 steps)</li> <li>• Peel bananas &amp; oranges</li> <li>• Stirring batter</li> <li>• Pouring/adding in ingredients</li> <li>• Cutting soft fruits &amp; vegetables</li> <li>• Rolling dough</li> <li>• Kneading dough</li> <li>• Cracking eggs</li> <li>• Use rice cooker</li> <li>• Whisking</li> <li>• Spreading butter on bread</li> </ul> 
4-5Y	<ul style="list-style-type: none"> <li>• Tidy up their bed</li> <li>• Pack their own school bag</li> <li>• Plan clothes for next day, week</li> </ul>	<ul style="list-style-type: none"> <li>• Put away own laundry</li> </ul> 	<ul style="list-style-type: none"> <li>• Put toy in designated place</li> </ul> 	<ul style="list-style-type: none"> <li>• Dry dishes and put them away</li> <li>• Clear table after meal</li> <li>• Help set the table</li> </ul>	<ul style="list-style-type: none"> <li>• Feed the pets</li> <li>• Weed the garden</li> </ul>	<ul style="list-style-type: none"> <li>• Make easy snacks or meal (4-5 steps)</li> <li>• Peel carrots and potatos</li> <li>• Frying/boil eggs &amp; pasta</li> <li>• Mashing potatoes</li> <li>• Grating cheese</li> <li>• Using the stovetop</li> <li>• Measuring liquid &amp; dry ingredient</li> </ul>
6-9Y	<ul style="list-style-type: none"> <li>• Shower, brush teeth, and other basic self care</li> <li>• Tidy up &amp; clean their own bedroom</li> <li>• Pack their own bags</li> </ul> 	<ul style="list-style-type: none"> <li>• Fold clothes &amp; socks</li> <li>• Put clean clothes away</li> <li>• Wash clothes</li> </ul>	<ul style="list-style-type: none"> <li>• Organize the storage area</li> <li>• Put away groceries</li> </ul> 	<ul style="list-style-type: none"> <li>• Sweep &amp; mop the kitchen floor</li> <li>• Get the trash from bedrooms and bathrooms</li> <li>• Set the table</li> </ul>	<ul style="list-style-type: none"> <li>• Rake leaves</li> <li>• Shower pets</li> </ul>  	<ul style="list-style-type: none"> <li>• Make easy snacks or meal (5+ steps)</li> <li>• Make own snacks</li> <li>• Whipped cream with hand mixer</li> <li>• Working with timer &amp; termometers</li> <li>• Use food processors / blender / stand mixer</li> </ul> 