

My chores this week.

Week of _____

We choose the chores together, I write mine, and I check off when done.

MY CHORES	MON	TUE	WED	THU	FRI	SAT	SUN
Put away my toys or things	☐	☐	☐	☐	☐	☐	☐
Set or clear the table	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Tip: one new chore at a time. A chore is shown two or three times before it is done alone, and you never redo it behind them.

Age guide.

Each age range builds on the previous one. Ages are guides, not standards.

AGE	ON THEIR OWN	WITH AN ADULT
3 to 5	Put away toys, laundry in the basket, water a plant	Set the cutlery, feed the pet, wipe a small surface
6 to 8	Make the bed, set and clear the table, pack the school bag, fold towels	Empty the dishwasher, wipe a counter, take out a small bin
9 to 11	Vacuum their room, hang laundry, take out the bins, make a simple breakfast	Cook from a recipe, clean the bathroom, shopping list
12 to 14	Full load of laundry, simple meal, manage their laundry, clean a whole room	Local grocery runs, plan the week's meals

Tip: a chore has a visible start and end. "Clean your room" is vague; "put the books back on the shelf" can be finished.