



Chores by Age

2 - 3 Years

- Pick up toys
- Put laundry in hamper
- Put clothes and shoes away
- Help feed pets
- Dust surfaces
- Clean spills

4 - 6 Years

- Take care of pets
- Set and clear the table
- Help put away groceries
- Make bed
- Sweep/mop
- Hang up jackets/sweaters

7 - 11 Years

- Fold laundry
- Sweep and vacuum
- Wash walls, mirrors, and baseboards
- Clean and organize rooms
- Clean up and help take out trash

12+ Years

- Exercise pets
- Make and clean up meals
- Take out recycling
- Wash dishes
- Wash and dry laundry

Self Care Chores

- Brush teeth
- Brush hair
- Organize your room, closet and bags
- Take a nap
- Get dressed
- Eat a healthy meal
- Bath/ Shower
- Learn a new skill
- Read a book for fun
- Exercise
- Make bed

**INSPIRED BY
TCK MIXED MARTIAL ARTS**

