

# AGE-APPROPRIATE CHORES

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## Instruction Card

**Aim:** To involve your 3-5 year-olds in more household chores for their future well-being.

### Consists of:

- 1 instruction card and Three printable A4-size pages
- Three sets of chores based on your child's age - A4 print-outs.

### You will need:

- **Three different shapes of dry pasta.**  
e.g. wagon wheel, bow-tie and macaroni.
- **Laminated prints of the THREE A4 chores lists.**

### To do the activity:

- **Listen to a favourite song** while you work together.
- **Set a timer for 5 minutes** and work together to see how much you can accomplish as a team.
- **Draw pictures of 3 to 5 tasks on cardboard.** Let your child arrange the pictures in the order that they want to do the tasks on that day.
- **Put the pictures up vertically on a cupboard door or wall.** If it's possible to mix them up, let your child decide whether they will be completed from top to bottom or in reverse order on that day.

### Note:

- **Personal routines** are done daily, without exception.
- **Household chores** can be assigned and rotated amongst family members.
- Children need to know **what you expect of them** – so show them.
- At this age, children are still **learning to plan ahead** – so join them.
- **Don't expect** them to do it well – especially at first.
- **Praise** far more than you correct.
- **Don't give up!**

# AGE-APPROPRIATE CHORES

## Instruction Card

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Cut out the chore and stick it on the chore board for your 3 year-old to do their chores

### Three Year-Old



Help pick up toys and clothes when asked



Wipe up spills



Put toys away after playing (before moving onto something else)



Put their dirty clothes into the laundry basket



Put their own waste in the bin (papers, banana peels, apple cores, etc.)



Put away their pyjamas in the morning



Wash and dry hands



Put their backpack, hat and shoes in the proper places (we only use jackets for a very short



Brush teeth (followed up by a parent)



Use a wet cloth or baby wipe to wipe down cabinet handles



Empty small rubbish baskets into the kitchen bin



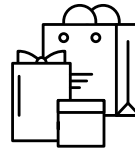
Turn off lights while being carried



Wear an old sock on their hand for dusting all of the lower surfaces in a room



Use a cup to add water to a pet's water bowl



Help put groceries away



Help to sort clean socks



Help to water outdoor plants with a watering can



Put forks, spoons and napkins on the table (one for each person)



Take laundry out of the dryer and put it into a basket



Wipe off the table before/after dinner



Help to unload the dishwasher (safe cutlery, plastic items)

# CHORE BOARD

3 Year-Old

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Personal Routines

Household Chores

# AGE-APPROPRIATE CHORES

## Instruction Card

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Cut out the chore and stick it on the chore board for your 4 year-old to do their chores

Four Year-Old

All of the above, plus:

### Personal Routines



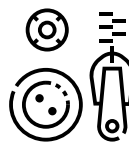
Sort and put toys  
away with guidance



Make their bed (use  
a simple comforter)



Put on shoes and socks  
(tying laces comes later)



Get dressed (need  
assistance with tricky  
buttons and zippers)



Get own cereal or  
snack from kid-friendly  
containers

# Household Chores



Wash fruit and veggies



Tear lettuce for salad



Bring cutlery (no sharp knives), napkins and water glasses to the table



Clear their own dishes from the table after a meal



Help wash the dishes by rinsing and putting items on a drainer



Use a hand-held vacuum cleaner to clean sofa cushions or stairs



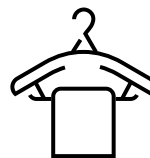
Dust/wipe down surfaces (also kitchen chairs)



Wipe down bathroom sink with wipes



Polish wood furniture



Help hang wet laundry on the clothes rack

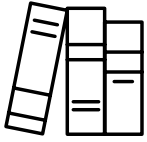


Sort clean laundry

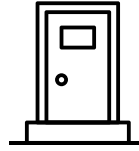


Fold washcloths, dishcloths, hand towels, underwear/small items

# Household Chores



Pack books away vertically or neatly stacked



Wipe down door handles



Help feed and give water to pets



Take rubbish out of car



Help to sweep with a small broom



Wash windows and mirrors (not yet streak-free)

# CHORE BOARD

4 Year-Old

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Personal Routines

Household Chores



# AGE-APPROPRIATE CHORES

## Instruction Card

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Cut out the chore and stick it on the chore board for your 3 year-old to do their chores

Five Year-Old  
All of the above, plus:



Unpack their lunch box



Get dressed  
independently



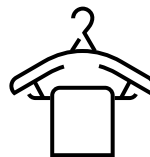
Make a small snack  
and clean up



Brush hair



Straighten own bedroom  
(draw pictures of steps  
to display)



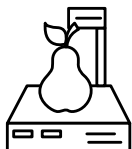
Lay out clothes for  
next day



Assist in meal planning and preparation



Clear the table



Help to find and count grocery items in the store



Wash dishes with supervision



Help wash pets



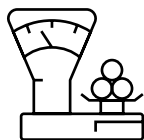
Help rinse dishes/load dishwasher



Sort white clothes from dark clothes for laundry



Sort and fold socks



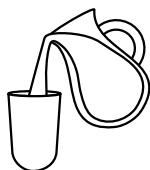
Help measure ingredients in the kitchen



Pack clean laundry into their cupboard



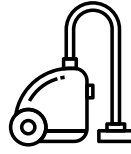
Set a whole place setting including placemats, napkins, forks, knives, spoons, plates and glasses.



Use a water pitcher to pour water in glasses before a meal



Unload the dishwasher (as far as the child can reach) by stacking dishes on the counter and putting safe cutlery in the cutlery drawer



Help with vacuuming, sweeping, mopping and dusting



Wipe down sink



Wipe cabinet doors and handles



Water indoor plants (provide training on how much water)



Help take care of a garden

# CHORE BOARD

5 Year-Old

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Personal Routines

Household Chores