Find the right chores by age

Choose one or two starting jobs. Age ranges are suggestions, not deadlines.

HOW TO USE THIS 3-PAGE SET

1 Pick age-fit ideas 2 Use the ready chart 3 Or write your own chart

AGES 2-3

Do together

- Put large toys into a basket
- Bring a shirt to the hamper
- Carry cloth napkins to the table

AGES 4-5

Show and help

- Match clean socks
- Put out placemats
- Fold a small hand towel

AGES 6-8

Practice together

- Sweep dry crumbs in a small area
- Clear safe, lightweight dishes
- Tidy a low shelf

AGES 9-12

Teach the steps

- Fold and put away clean clothes
- Organize a school backpack
- Prepare an easy no-cook snack

AGES 13-17

Build independence

- Change bedsheets
- Help prepare a simple meal
- Manage a familiar laundry task

SAFETY FIRST

Adults manage chemicals, hot cookware, sharp tools, and hazardous equipment.
Give hands-on help as needed; change tasks for abilities, energy, and access.

My weekly chore chart

Ready-to-use version • Tick a box only on the days that job is planned.

Child: _____ **Week of:** _____

START SMALL

Choose 1-2 suitable rows. Work alongside younger kids; skip unsuitable jobs.

CHORE / JOB	MON	TUE	WED	THU	FRI	SAT	SUN
Put away my toys or belongings	☐	☐	☐	☐	☐	☐	☐
Clothes into hamper / clean sock sort	☐	☐	☐	☐	☐	☐	☐
Help set or clear safe table items	☐	☐	☐	☐	☐	☐	☐
My helper job (chosen with an adult)	☐	☐	☐	☐	☐	☐	☐

My chosen helper job is: _____

A grown-up will help me with: _____

AT THE END OF THE WEEK

One thing that felt easier: _____

One change for next week: _____

This is a gentle reminder, not a scorecard. Help and partial effort count.

Make your own chore chart

Customizable version • Write, draw, or attach child-safe picture labels.

Child: _____ **Week of:** _____

PERSONALIZE IT

Choose jobs that fit this child. You can use fewer rows than the chart provides.

CHORE / JOB	MON	TUE	WED	THU	FRI	SAT	SUN
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

OUR PLAN FOR HELP AND CHANGES

A grown-up can help with: _____

If this feels too hard, we will: _____

Keep it kind: explain the task, practice together, and review after a few days.