Kids Chore Chart

HappyKids.fit

Write your chores, tick each day you help and set a goal for the week

Name _____ **Week beginning** _____

Write one chore in each row and tick the box on each day you do it. Not every chore is needed every day.

My chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____

☆ My goal this week

_____

_____

☆ Reward (optional)

_____

_____

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Chore Ideas by Age & Parent Guide

Name _____ **Week beginning** _____

Chore ideas by age

Tick the ideas to try. Choose by your child's skills, not age alone: every idea in an earlier group still fits.

Ages 5–7

- [ ] Put toys back where they live
- [ ] Make my bed (it can be messy)
- [ ] Put dirty clothes in the basket
- [ ] Set out cutlery and napkins
- [ ] Water the plants
- [ ] Match clean socks into pairs
- [ ] Wipe the table with a damp cloth
- [ ] Help feed a pet with an adult

Ages 8–10

- [ ] Pack my school bag
- [ ] Sort the recycling
- [ ] Fold and put away my clothes
- [ ] Put away clean plates and cups
- [ ] Vacuum my bedroom
- [ ] Sweep the kitchen floor
- [ ] Help make a simple cold snack
- [ ] Clear the table after meals

Ages 11–12

- [ ] Change my bed sheets
- [ ] Load the dishwasher, with an adult operating it
- [ ] Help cook a meal with an adult
- [ ] Hang out or fold a load of washing
- [ ] Take the bins out
- [ ] Wipe the bathroom sink and taps
- [ ] Help write the shopping list
- [ ] Look after a pet's daily care

Safety first: adults handle sharp knives, hot ovens and hobs, strong cleaning products and anything electrical or at height.

Tips for parents

1. Choose chores together and start with two or three. Add more once they feel easy.
2. Show a new chore a few times, then let your child try. Done is more useful than perfect.
3. Share chores fairly between all the children in your home, whatever their gender.
4. Notice the effort with specific praise. A reward is optional: praise or time together works for many families.
5. A missed day is fine. Chores are part of family life, so simply pick up again the next day.
6. Look at the chart together at the end of the week and adjust it. Busy weeks can have fewer chores.