

# Ten Age-Appropriate Chores for Your Kids

While your family is sheltered in place, why not make the most of your kid's extra free time and have them help out with some of the chores of the house? Children can do more to help out than we often think. Also, chores provide great opportunities to build executive function skills like planning and problem solving. Below are some ideas of age-appropriate chores—or, have your kids come up with their own lists!



Ages 4-7	Ages 8-11	Ages 12-18
Clean your room	Vacuum & clean floors	Make dinner
Sort and pick up toys	Disinfect counters	Put away groceries
Make a donation pile	Take out the garbage	Change the bedding
Test and sort markers	Weed the garden	Walk the dog
Sort the laundry	Water plants	Do the laundry
Fold towels	Do the dishes	Organize a closet
Make your bed	Feed the pets	Help with siblings
Set and clear the table	Make breakfast	Clean bathrooms
Wipe the doorknobs	Organize your room	Wash windows
Help prepare food	Put away laundry	Mow the lawn

## Resources to Help Kids take responsibility through chores

### [Focus on the Family](#)

A free resource with great ideas on how to get kids engaged in supporting the family

### [The Child Development Institute](#)

An article by a child development specialist with a list of chores

### [National Public Radio](#)

An article about how to get kids to do chores without resentment



[Virtual Learning Resources](#)