

Chores by Age Chart

Name: _____ Date: _____

Read the age bands, pick two or three jobs, write them on the blank lines, and tick the days they happen. Leave a missed day blank — never mark it.

Age 2–3 — doing it with you

Put toys into a box

Carry their plate to the kitchen

Put dirty clothes in the basket

Wipe a spill with a cloth

Fetch something when asked

Age 4–5 — a short job on their own

Lay the table (one item at a time)

Feed a pet with the food measured out

Water a plant

Match socks into pairs

Pack their own bag from a picture list

Age 6–7 — a job with two or three steps

Make their bed

Clear and wipe the table after a meal

Sort washing into lights and darks

Sweep one room

Get their uniform ready the night before

Age 8–10 — a job start to finish

Wash up or load and unload the dishes

Hang washing out and bring it in

Make a simple breakfast for themselves

Take responsibility for a pet

Tidy their own room without step-by-step help

Age 11+ — a job somebody relies on

Cook one simple meal for the family

Age 11+ — a job somebody relies on

Iron their own clothes

Do a whole load of washing from start to finish

Look after a younger sibling for a short, agreed period

Take charge of one weekly job with no reminders

Our jobs this week — write them in your child's own words	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. _____	☐	☐	☐	☐	☐	☐	☐
2. _____	☐	☐	☐	☐	☐	☐	☐
3. _____	☐	☐	☐	☐	☐	☐	☐
4. _____	☐	☐	☐	☐	☐	☐	☐
5. _____	☐	☐	☐	☐	☐	☐	☐

What worked, what needs breaking into smaller steps, what to try next:

How to use this

Read the age bands first and pick two or three jobs, not ten. A short list that actually happens beats a long one that collapses in a fortnight.

Write your chosen jobs on the blank lines in the tracker. Use your child's own words for them.

Teach the job before you expect it — do it together several times, then stand beside them, then leave the room. Most chore charts fail because the child was never actually taught the job.

Tick the day it happens. Leave a missed day blank rather than marking it — a sheet full of crosses stops being a tool and becomes a complaint.

Accept work that is worse than yours. A bed made badly is a bed made. Redoing it in front of them ends the whole thing.

Review it after two weeks. If a job is not happening, it is usually too hard, too vague, or at the wrong time of day — not defiance.

Pairs with our free **behaviour home program** at inclusivetherapycentre.com/home-programs

