



## CHORES CHECKLIST

*So you have CHORES to do? AHHH! Where should you begin???*

Don't panic! Sometimes chores may seem overwhelming, but if you have a plan, break it down, and make it fun... you will get it done in no time. 😊

**\*MAKE A LIST:** (on what to do first. Focus on completing one step at a time. Start with the easier stuff first.)

1. Clean up papers.
2. Books

**\*TAKE A BREAK WHEN NEEDED!** (After you finish a step) Then get back to work.

3. Pick up Power Rangers and other guys.

POSSIBLE BREAK...

4. Legos (or other BIG tasks)

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

**\*Check off what you've done!** You'll see how far you've come. 😊

**\*Make a reward system.** Once he's done, reward him for his efforts! It's a motivating way to encourage your child to do a very challenging task. Our overall goal is to teach him HOW to clean the mess when it's made. This will also help him develop self-motivation to clean up his toys as he plays so he doesn't have such a big project to deal with later. Hopefully, this will teach him the value of cleaning as he goes rather than dealing with an overwhelming task at the end of the day. The plan is to instill a routine for a life-long successful habit.



## IDEAS TO MAKE CHORES MORE FUN...

- *Make a plan **with** your child.* Having a mutual plan that your child agrees on will make it more motivating, and will also help develop responsibility.
- *Write down the plan.* The visual will help keep everyone on task. It's also more satisfying to see how much you've accomplished, even if you aren't fully finished.
- *Play music.* This will help keep the task more entertaining. Your child can also take a dance break, or dance while he cleans!
- *Take breaks.* It's OK and normal to need a break. If your child begins to look restless, he probably needs a break.
- *Lend a helping hand.* A little push and help from an adult may be all he needs to get the ball rolling. If possible, set aside 10-15 minutes at the start of cleaning to help. Not only does this help the job go by quicker and time go by faster, but it gives you and your child one-on-one time that can strengthen bonds and build communication skills, all while having fun and while being productive. 😊



## CONVERSATION STARTERS AND "CLEANING" GAMES:

- Ask your child to talk about his day, or things of his interest. Here are some good conversation starters:
  - “How was your day in school?” “How was .....?”
  - “What did you do in (reading/gym/recess/etc.) today?”
  - “Tell me about the book you read...”
  - “Tell me more about .....”
  
- Language games! This will help get you child’s mind thinking in terms of categorizing/organizing information while increasing his language skills. (This should be played while cleaning. If it’s too difficult to clean at the same time, this game can be played at a different time, instead.)
  - *Take turns naming:* animals, fruit, things found in an aquarium, things beginning with the letter B, occupations/jobs, etc. Use your imagination, any category will do!
  - *What would you do?* Take turns talking about what you would do if you were in silly situations.... Example: What would you bring with you if.... you were going to live on the moon? If you were going to live on a deserted island? What would you do if.... you lived in the mall? In the rainforest?
  
- Friendly competition! Who says cleaning has to be boring? Make it a race with some silly rules. You can each take a side of the room. Here are some creative ideas:
  - In 2 minutes, who can pick up and put away the most stuff only using your *right* hand?
  - Pick up all the RED items. Then BLUE. And so on...
  - Pick up all the items that rhyme with *cat*, *Eggo*, *look*, etc.
  - Pick up all the items in the room that begin with the letter A. B. C. etc.