My Chores Checklist

Ages 3-10 · pick one column

Three columns, one per band. **Pick the column that matches your child**, tick a box when the job lands, and keep the same five jobs for two full weeks before any swap. The icons below show what each column is for; the list under them is the checklist.



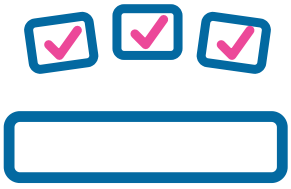
AGES 3-5 · ONE STEP



AGES 6-8 · TWO STEPS



AGES 9-10 · A SEQUENCE



DONE ROW · CARDS MOVE DOWN

This week's checklist

FIVE JOBS PER BAND

Ages 3-5	Ages 6-8	Ages 9-10
Put the toys in the box I start it, you finish it	**Set the napkins and cups out** one per chair, no glasses	**Load the dishwasher** knives and glass left to an adult
Hang my towel on the hook I reach, you lift	**Feed the pet** scoop with the cup, not the hand	**Fold the laundry and put it away** folded into the right drawers
Bring my cup to the sink both hands on the cup	**Clear my plate after dinner** stacked on the counter	**Wipe the counter and the sink** spray handled by an adult
Put my clothes in the hamper you take the heavy part	**Match the socks from the basket** pairs on the pile	**Take out the recycling** rinse the tins in the sink first
Put the books back on the shelf a stack of five or fewer	**Pack my school bag** by the door before bed	**Sweep the entry** dustpan into the bin

Swap-ins — one in, one out on Sunday

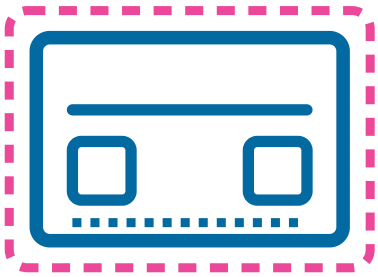
- ☐ 3-5: put the shoes on the mat
- ☐ 6-8: water the plants with a small cup
- ☐ 9-10: empty the dishwasher
- ☐ Any band: bring in the mail

Adult: tape the sheet at your child's eye level and tick the boxes together at the end of the day. For anything with a hazard in it — scissors, heat, water, small parts — the same rule applies: an adult, close enough to act.

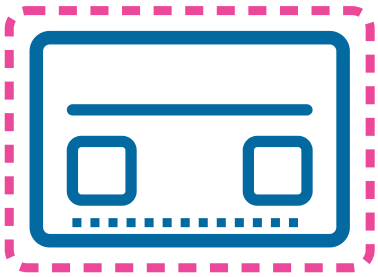
My Task Board Cards

Ages 3-10 · cut · laminate · reuse

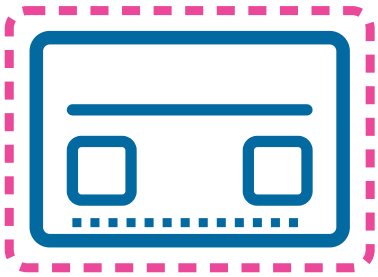
Four blank cards per sheet, inside the dashed cut lines. Cut them out, laminate them, stick a magnet strip on the back of each one, then write the chore on the front with a dry-erase marker. Wipe it clean when the week turns over and write the next one. **The board is the fridge door.** Print this page twice for eight cards.



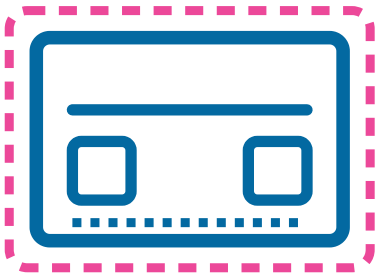
CARD 1 · WRITE & WIPE



CARD 2 · WRITE & WIPE



CARD 3 · WRITE & WIPE



CARD 4 · WRITE & WIPE

How the board runs

FOUR TO SIX CARDS

Put four to six cards on the door, not the whole sheet, and stick them at your child's eye level. A finished card moves down to the done row at the bottom. A short list that finishes beats a long list that does not.

Look at the board once a week, not every night. On Sunday, wipe the cards clean and pick the next four to six. A card that did not move all week was the wrong job for the week — swap it for a simpler one. The cards do the reminding, and the grown-up does the swapping.

Adult: the scissors and the laminator are the two hazards on a build day — both run with an adult at the table, close enough to act, and the cut cards stay out of reach of the youngest end until they are sealed.