My Chore List

Ages 2-3 & 4-6 · flat list

One column per band, one tick box per job, no days across the top. Pick **two jobs** from the first list and **four from the second.** Tape it inside a cabinet door and tick the boxes as the jobs land.

Ages 2-3

PICK TWO

Put the shoes in the shoe tray 2-3 minutes · I start it, you finish it	☐
Hang the towel on the hook 2-3 minutes · I reach, you lift	☐
Carry the laundry to the hamper 2-3 minutes · you take the heavy part	☐
Wipe the table with a cloth 2-3 minutes · you do the crumbs	☐
Put the books back on the shelf 2-3 minutes · a stack of five or fewer	☐
Bring the cup to the sink 2-3 minutes · both hands on the cup	☐

Two rows is a full list for this band. Tick the boxes together at the end of the day — at this age the chore is the doing, not the result, and the last part of the job is yours.

Ages 4-6

PICK FOUR

Make the bed before breakfast 5-10 minutes · blanket straight, pillows up	☐
Set the napkins and cups out 5-10 minutes · one per chair, no glasses	☐
Clear the plate after dinner 5-10 minutes · plates stacked on the counter	☐
Water the plants with a small cup 5-10 minutes · one cup per pot	☐
Match the socks from the basket 5-10 minutes · pairs on the pile	☐
Feed the pet 5-10 minutes · scoop with the cup, not the hand	☐

The box gets ticked by the child, not by you. Leave the same four jobs on the sheet for two full weeks before any swap.

Adult: stay in the same room while the laundry basket, the step stool, the water cup and the pet bowl are out. For anything with a hazard in it — scissors, heat, water, small parts — the same rule applies: an adult, close enough to act.

My Chore List

Ages 7+ · flat list

Six jobs, ten to fifteen minutes each, run in the order you pick. The list belongs to you — **write Monday's date at the top and check the boxes with an adult on Sunday.**

Ages 7+

PICK SIX

Vacuum one room 10-15 minutes · plug and cord with an adult	☐
Fold the laundry and put it away 10-15 minutes · folded into the right drawers	☐
Take out the recycling 10-15 minutes · rinse the tins in the sink first	☐
Sweep the porch or the entry 10-15 minutes · dustpan into the bin	☐
Empty the dishwasher 10-15 minutes · knives and glass left to an adult	☐
Wipe the bathroom sink 10-15 minutes · spray handled by an adult	☐

Start with the jobs you already do without being asked, then add one more each week until six sit on the sheet.

The ten-minute Sunday reset

1. **Lay the sheet flat on the table** — 1 min
   Same table, same ten minutes, every week.
2. **Count the ticked boxes out loud** — 2 min
   The count is the whole review — no re-living the missed days.
3. **Swap one job per band** — 3 min
   One in, one out. A swap made on Sunday holds all week.
4. **Write Monday's date at the top** — 1 min
   The fresh date starts the fresh week.
5. **Tape it back at child height** — 3 min
   Same spot on the wall or the cabinet door every week.

Swap-ins for this band

- ☐ Load the washing machine
- ☐ Rake one patch of the yard
- ☐ Bring in the mail
- ☐ Change the towels
- ☐ Take the bins to the curb

Adult: the plug, the spray bottle, the knives and the curb are the rows that want an adult beside them. For anything with a hazard in it — scissors, heat, water, small parts — the same rule applies: an adult, close enough to act.