

Household Chores

Including children in household chores not only helps their bodies develop physically but also instills responsibility, respect and a sense of teamwork.

Heavy Work Activities for Kids

These activities help kids to calm and organize their bodies



Indoor Chores

- Pull laundry out of the washer &/or dryer.
- Carry or push a laundry basket
- Carry large bottles, boxes, etc. & sort recycling
- Load or unload the dishwasher
- Use a stapler to staple paper together
- Rip paper or cardboard for the recycling
- Vacuum, sweep or mop the floor
- Push, drag, or move furniture



Outdoor Chores

- Shovel snow
- Rake the leaves
- Gather firewood
- Mow the grass
- Move garbage &/or recycling bins to the curb
- Push, move, or carry large rocks
- Push a wheelbarrow or pull a wagon
- Dig a garden
- Water plants with a watering can

Chores Checklist

Participating in Chores at Home: A Facilitator of Employment

Written by Connie Johnson, PT, DScPT
Created by SeekFreaks



Easiest

- pick up toys
- put books on a shelf
- feed pets
- carry light items from the car to house
- put clothes in hamper
- wash clothes
- set the table
- throw trash away
- sort recycling
- wipe up spills



Moderate Difficulty

- make own bed
- fold clothes
- match socks
- carry heavy items from car to house
- use handheld vacuum
- clear table after meal
- empty dishwasher
- mop/sweep floors
- water house plants
- pull out weeds



Most Difficult

- load dishwasher
- change light bulbs
- hang clean clothes
- move trash can from house to curb & back
- clean most home areas
- dust furniture
- clean/wipe off table
- handwash dishes
- put groceries away
- wash car

For more info on this and other pediatric topics, visit www.seekfreaks.com