Chores your kid CAN do now

Tick each day they do it ✔ · A rough guide: every child goes at their own pace, always with supervision.

Name: _____ **Week of:** _____

Ages 2–3 Little helpers

	M	T	W	T	F	S	S
Put toys away	☐	☐	☐	☐	☐	☐	☐
Dirty clothes in the hamper	☐	☐	☐	☐	☐	☐	☐
Throw scraps in the trash	☐	☐	☐	☐	☐	☐	☐
Feed the pet	☐	☐	☐	☐	☐	☐	☐

Ages 4–5 Ready for more

	M	T	W	T	F	S	S
Set out the cutlery	☐	☐	☐	☐	☐	☐	☐
Water the plants	☐	☐	☐	☐	☐	☐	☐
Make their bed	☐	☐	☐	☐	☐	☐	☐
Match socks	☐	☐	☐	☐	☐	☐	☐

Ages 6–7 Small but responsible

	M	T	W	T	F	S	S
Tidy their room	☐	☐	☐	☐	☐	☐	☐
Put groceries away	☐	☐	☐	☐	☐	☐	☐
Pack their backpack	☐	☐	☐	☐	☐	☐	☐
Clear their plate	☐	☐	☐	☐	☐	☐	☐

Ages 8–9 Level unlocked

	M	T	W	T	F	S	S
Fold and put away clothes	☐	☐	☐	☐	☐	☐	☐
Make their breakfast	☐	☐	☐	☐	☐	☐	☐
Take out the trash	☐	☐	☐	☐	☐	☐	☐
Wipe the sink	☐	☐	☐	☐	☐	☐	☐

Ages 10–12 Almost experts

	M	T	W	T	F	S	S
Wash the dishes	☐	☐	☐	☐	☐	☐	☐
Vacuum	☐	☐	☐	☐	☐	☐	☐
Hang the laundry	☐	☐	☐	☐	☐	☐	☐
Help with easy recipes	☐	☐	☐	☐	☐	☐	☐

Ages 13+ Adult mode on

	M	T	W	T	F	S	S
Cook a meal	☐	☐	☐	☐	☐	☐	☐
Run the washing machine	☐	☐	☐	☐	☐	☐	☐
Clean the bathroom	☐	☐	☐	☐	☐	☐	☐
Do a small grocery run	☐	☐	☐	☐	☐	☐	☐

💡 **The trick:** don't nag, make it a game. Every chore scores points and the whole family plays against El Desorden.

Liga del Hogar
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