

MEANINGFUL WORK: HOMESTYLE

A helpful worksheet to help you help your children feel a sense of purpose at home provided by Christine Lowry, M.Ed.

Daily Responsibilities

For ages 2 and up

1. Make your bed
2. Put your dirty clothes in the hamper or laundry room
3. Put shoes away
4. Put your personal items away—toys, books, self-care items, etc.
5. Get dressed
6. Wash your face and brush your teeth
7. Prepare your own snacks and/or lunch

Shared Family Responsibilities

In sequence of difficulty from 2 years old and up

1. Feed the pets
2. Set the table/clear the table
3. Help prepare meals
4. Sort, load washer/dryer, and fold laundry
5. Load and unload the dishwasher
6. Dust and polish furniture
7. Water the plants
8. Put groceries away
9. Empty the trash
10. Help with yard work—weed, rake, mow
11. Check the mailbox
12. Wash windows
13. Sweep, vacuum, mop
14. Plan a meal and prepare it
15. Change the bed sheets
16. Wash the car
17. Take and bring in garbage cans
18. Clean the bathroom
19. Clean and organize the garage
20. Plan family activities