

CHORES FOR PROMOTING DEVELOPMENTAL SKILLS IN KIDS

STRENGTH AND PROPRIOCEPTION

- TAKING OUT THE GARBAGE
- WASHING THE FLOOR
- LOADING THE WASHER AND DRYER WITH CLOTHES
- RAKING, SHOVELING, PULLING WEEDS
- TAKING SHEETS, BLANKETS, AND PILLOWCASES OFF BEDS
- MAKING BEDS
- VACUUMING

BILATERAL COORDINATION

- SWEEPING THE FLOOR
- WASHING DISHES
- FOLDING LAUNDRY
- COOKING (ESPECIALLY STIRRING AND POURING TASKS)

VISUAL AND COGNITIVE SKILLS

- FOLLOWING A RECIPE
- MAKING AND PACKING SNACKS/LUNCHES FOR SCHOOL
- PUTTING AWAY GROCERIES
- UNLOADING THE DISHWASHER
- SETTING THE TABLE
- PUTTING AWAY LAUNDRY, MATCHING SOCKS
- TIDYING UP AND SORTING TOYS AND OTHER OBJECTS
- PICKING OUT CLOTHES

FINE MOTOR SKILLS AND HAND STRENGTH

- WASHING ANYTHING USING A SPONGE OR CLOTH THAT NEEDS TO BE SQUEEZED OUT (DISHES, FLOOR, WINDOWS, CAR)
- FOLDING LAUNDRY
- WATERING PLANTS WITH A SPRAY BOTTLE
- HANGING LAUNDRY USING WOODEN CLOTHESPINS

MIDLINE CROSSING

- DUSTING/WIPING DOWN TABLES OR COUNTERS
- WASHING WINDOWS
- SWEEPING AND MOPPING
- WASHING THE CAR
- RAKING OR SHOVELING