Chore Worksheets for kids!

Discover the secret weapon to end the "chore wars" in your home forever!

By Randy Waite
THE CHORE WORKSHEET PACKAGE

CONTENTS

» Contents Page .................................................................................................................. 1

» What Is The Chore worksheet System For Kids? ..................................................... 2
  - Have Fun .......................................................................................................................... 2

» The System ............................................................................................................................... 3
  - The Action Plan ..................................................................................................................... 3
  - Family Meeting ..................................................................................................................... 4
  - Training ................................................................................................................................. 4
  - Consistency ............................................................................................................................. 5
  - Praise Your Kids .................................................................................................................... 5
  - The Charts ............................................................................................................................. 5
  - In Closing ............................................................................................................................... 5

» The Charts (Description)
  - Chart # 1 ............................................................................................................................. 6
  - Chart # 2 ................................................................................................................................. 7
  - Chart # 3 ................................................................................................................................. 8
  - Teen Chart .............................................................................................................................. 9

» The Action Plan Outline ...................................................................................................... 10

» Printable Chore Charts
  - Chart # 1 ............................................................................................................................. 11
  - Chart # 2 ................................................................................................................................. 12
  - Chart # 3 ................................................................................................................................. 13
  - Teen Chart .............................................................................................................................. 14

» Printable Chore Clipart .......................................................................................................... 15,16

» Frequently Asked Questions .................................................................................................. 17

» Contact Page .......................................................................................................................... 18

Please remember that this package is for your personal use only. We Thank You in advance for your commitment not to copy, e-mail, or provide a link to anyone else, at anytime.
WHAT IS THE CHORE WORKSHEET SYSTEM FOR KIDS?

The chore worksheet system was developed in an effort to alleviate the stress in maintaining a household. The demands of raising kids, dealing with the family finances as well as the various personal situations that occur can, at times, be overwhelming.

It is very important to remember that your kids face the pressures of life as well. It’s easy to overlook that fact when handling your own life situations. They experience situations that can be stressful, such as, school, peer pressure, interacting with parents, siblings, friends... Just plain old growing up can be overwhelming for kids. The bottom line is, both parents and kids experience the pressures of life and maintaining a home should not add to it.

What makes the Chore Worksheet System work? The **CHORE WORKSHEET SYSTEM FOR KIDS** is a series of age appropriate chore charts that utilizes a point system to add a little fun to household chores. During the week, points are earned for each chore or activity accomplished. The points are used for weekly and monthly goals that your kids, with your help, set for themselves. It’s the end goal that gets chores accomplished without the hassle.

As your kids grow, the chart system grows with them. When used consistently, the system can improve your relationship with your kids and, at the same time, get the household chores accomplished.

**HAVE FUN**

Your kids will get more involved when they find that completing chores can be fun as well as self gratifying. The system was designed to make it more enjoyable for kids, keep them interested in the process and bring some order to the household. You will find yourself enjoying the process as well, you will no longer have to nag to get chores accomplished.

**ENJOY!**
THE CHORE WORKSHEET SYSTEM

THE ACTION PLAN

The first step is to put together your action plan. Have a meeting with all of the adults in the household (includes parents, grandparents, partners, etc.) to establish a plan. The plan should include a complete list of age appropriate routine chores, i.e. make bed, dishes, brush teeth, take bath, pick up toys, homework, laundry... and non-routine (bonus) chores, i.e. cut the grass, clean garage, shovel snow, weed flower bed... Use the Action Plan Outline that is included to help get the ball rolling.

Put together a list of any incentives (goals) that your kids may want to achieve. Some weekly goals may be a family game night, trip to library, walk in park, extra half hour of T.V. or computer time... Some monthly goals may be a sleepover, roller skating, picnic, fishing... With your assistance, your kids will come up with more goals and decide what goals they would like to achieve by completing their chores. Use the Action Plan Outline for this as well.

Decide what the consequence will be if chores are not completed. We have found that the natural law of cause and effect works well. It keeps you from continually having to threaten your kids. What is the natural law? Examples are, if dirty clothes do not make it to the laundry, the result is clothes won’t get washed and they are not allowed to wear dirty clothes. Homework not done, result is they have to deal with the teacher. Toys not picked up, result is toys get put up and they can’t play with them for one or two weeks.

In addition to the natural consequences, points will not be issued for incomplete chores or activities. The only way to achieve their goals would be to accomplish bonus chores. Your kids will learn to accept responsibility and be held accountable for their actions.

It is important to follow through with what you establish in this meeting, so make sure everyone is in agreement. Once you decide on a plan, do your best to stick with it everyday. If you allow excuses, delays in completing tasks, or no consequence issued, you will be right back in the chore wars.
FAMILY MEETING

Once your plan is outlined, have a family meeting to get your kids on board. Make it a fun, light atmosphere. Have some popcorn or chips. The younger kids may look at it as a game or they may feel like they are growing up and think it's cool to be "bigger". Be prepared, though, for what you may get from your teens. This is especially true if they have not had to participate in any household chores previously. It will work best if you allow them to get involved in the process. Let them choose the chores they want from your list. You can set the number of chores you want accomplished, just let them decide which ones.

By getting your kids involved you are creating a sense of belonging and responsibility. Have them come up with ideas for their weekly and monthly goals. This will keep them interested in the process, especially if it’s a goal they choose. They will feel more like a part of a team rather than being made to do something that is not so fun. This system will teach your kids accountability and teamwork.

Choose one night a week for weekly meetings or gatherings to make any adjustments to the upcoming weeks chores. It’s a good idea to change the chore schedule weekly or at least every couple of weeks. If you have more than one child, it keeps things fair. With one child in the home, it works the same, the parent or caregiver should switch chores as long as they are age appropriate.

When you explain how consequences will be handled, the nagging will disappear and your kids will learn to accept responsibility for their actions.

TRAINING

In order to completely overcome the chore wars, you will need to train your kids. Training will eliminate any misunderstandings, your kids need to know exactly what is expected from them. The best way to accomplish this is to use a four step process. First, you do the job, while your kids watch, explain what you are doing. Next, work side-by-side, completing the chore together. Third, your kids do the job while you watch, make sure you coach and encourage. Fourth, the child is ready to go it alone.
CONSISTENCY

As mentioned earlier, you must remain consistent, follow through with what you establish. If your kids find that you are not serious about the CHORE WORKSHEET SYSTEM, they will see just how far they can push the limits. Do your best to stick with it everyday, do not allow excuse or delays in completing tasks. For the first thirty days you will need to check the charts daily. This will help your kids get into the habit of completing chores.

PRAISE YOUR KIDS

Always praise your kids for a job well done when a chore is completed. Tell your kids "good job!" (not "good boy!"). If your kids do something on their own, without you asking them to do it, make sure you tell them you like it when they do that. Tell them that you are proud of them for being responsible. This positive reinforcement will encourage more positive behavior in the future.

THE CHARTS

There are charts for each age group. The next couple of pages will show how each chart can be best utilized. The printable chore worksheets (charts) can be printed as you need them. We recommend printing at least one months worth of charts at a time. This will save you time in the long run.

IN CLOSING

Have fun! Remember that kids are not machines. They will make mistakes and forget to do things. Keep working with them, encourage them in a fun loving manner and the system will work for you.

GOOD LUCK!
Chart # 1 is for ages 3 - 6. At this age the system can be looked at as a boot camp, a learning stage. They will need patience and encouragement.

There are no points for this age group. For their goals they enjoy things like, washable tattoos, a sticker of some kind, maybe a favorite desert or game they like to play.

You can use the clip-art included to place in the chore column of the chart. Just cut out the chores you want worked on and tape or use a glue stick to place them.

You could also print the clip-art onto stickers using AVERY multi-use labels, the part number is # 05428, size 3/4” x 1”. The clip-art pages are set up on a template for these labels.

Your kids can do one of the following when items get completed: color (scribble) in appropriate area, use a washable stamper, or use stickers. The 5 and 6 year olds can fill in completed chore by practicing their ABC’s. My son (5 yrs) likes to use a different letter for each chore. You could also pick one letter for each day. Let your kids decide how they want to fill in the chart, that makes it fun for them.

You will have to work with your kids daily at this age. The encouraging thing we found once the process was in motion, even though you may have to remind them, all you have to do is mention a chore and it gets taken care of with less hassle.

Remember, this is boot camp at this age. Encourage and help make it fun for your kids.
Chart #2 is for ages 7 - 10. You can use the clip-art included or write in the chore or activity. At this age they can cut and paste the clip-art themselves, you decide what chores to place on the chart.

Points are earned for each activity accomplished. Each activity is worth 2 points, bonus chores can be worth between 5 and 20, depending on the activity, you make the decision.

Your child, with your help, decides and enters on the chart what their goal is for the week.

The points needed for the weekly goal is 70. If an activity is missed, they will not have enough points to reach their goal. In order to make up for lost points, they will have to accomplish a non-routine, bonus chore.

If your child has a monthly or long term goal as well, they can either carryover the points to the following week/s or complete any non-routine or extra chores for the additional points. You will have to monitor and approve added chores and points.

To achieve a monthly goal, the point level should be set at 250 points. You can adjust this higher or lower, it’s up to you. This may depend on the goal your child wants to achieve.

If a chore is marked off as complete, but it has not been accomplished, all points are lost for that day. Cheating is not acceptable and this will help them understand this fact.

To check an activity off as completed they can fill in the areas however they want. Make designs, check mark, stamper, sticker, whatever they feel for that day or week is fine. My daughter (10 yrs) changes her methods weekly.
Chart #3 is for ages 11 - 14. The point system works the same as chart #2. The difference here is there is no clip-art, no stampers, stickers, or coloring needed. This chart is more grown up.

If your child at age nine or ten would like to switch to this chart, that’s O.K.. The system is designed to be flexible as not all kids like the same things.

Using “MY BEDROOM” as an example, under the chore column on one line enter Clean, then under description enter, or take clothes to laundry. You can use all of the lines or just one. My daughter likes to use a line for each activity. If you need more room, combine some activities.

Under the "HELP AROUND THE HOUSE" heading is where you enter items such as Laundry, Wash Dishes, Vacuum, Clean Bathroom .... For "PERSONAL ITEMS", this is where homework, practice musical instrument, exercise gets entered. Use “OTHER” for any items that do not fit anywhere else.

The point system works the same as the other charts except they will need a point total of 140 to reach their weekly goals and 500 for a monthly goal. Your kids are getting older and should be expected to increase their work load. You can adjust the point totals to suit your personal situation.

Your kids can use whatever means they desire to indicate a chore has been completed. My daughter has used small stickers, colored them in, and used just a check mark. Anything will work.
The teen chart is for kids 15 and older. You may find that your teens will no longer want to use the point system. That’s O.K., you want your teens to accept the fact that helping around the house is the responsible thing to do.

If your teens are being asked to complete chores for the first time or they want to continue using points and setting goals, the point system works the same as Chart #3.

At this age their goals may be, stay out 30 minutes past curfew, more T.V. or computer time, go on date.

You may or may not want to use the car as a goal. It’s up to you.

Because goals will vary more at this age, it will be up to you to decide whether a goal is monthly or weekly. You may also want to set individual point levels for the various goals. It’s completely up to you, the system is designed to be flexible enough for individual circumstances.

The goal here is for your kids to get a good understanding and learn what it means to be held accountable. Your teens goals will be worth more to them at this age. If they fail to complete their chores and not reach their goals, they will only have themselves to blame.

If your kids decide that they would prefer not to continue using the point system, it is important to continue using the chart as a guide for the completion of chores. This helps your kids stay organized during what can be, a hectic time in their lives.
ACTION PLAN OUTLINE

CHORES TO BE ACCOMPLISHED

Fill in all chores to be accomplished in all rooms. Make sure to include the items that you will be taking care of yourself. It is important for your kids to see you participate as well.

<table>
<thead>
<tr>
<th>Kitchen</th>
<th>Bathroom 1</th>
<th>Bathroom 2</th>
<th>Bathroom 3</th>
<th>Family Rm</th>
<th>Living Rm</th>
<th>Dining Rm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bedroom 1</th>
<th>Bedroom 2</th>
<th>Bedroom 3</th>
<th>Bedroom 4</th>
<th>Laundry Rm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

LIST WEEKLY GOALS

_________  ___________  ___________  ___________

_________  ___________  ___________  ___________

_________  ___________  ___________  ___________

LIST MONTHLY GOALS

_________  ___________  ___________  ___________

_________  ___________  ___________  ___________

BONUS CHORES

_________  ___________  ___________

_________  ___________  ___________

CONSEQUENCES -

Decide how you want to handle any chore not being accomplished. Remember kids are not machines, they may sometimes forget, make mistakes or have poor judgment. You will need to offer encouragement and just keep trying. You can do it - it will work for you.
```markdown
<table>
<thead>
<tr>
<th>Chore</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
```

- **My Special Treat For This Week:**

---

*Chart #1*
# Daily Chores

**Chore Worksheet**

<table>
<thead>
<tr>
<th>Chore</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>

**Points**

- 
- 
- 
- 
- 
- 
- 
- 
- 

**My Goal**

- 
- 
- 
- 

**Carryover**

- 
- 
- 
- 

**Bonus**

- 
- 
- 
- 

**Points Needed**

- 
- 
- 
- 

**Total Points**

- 
- 
- 
- 

*Chart #2*
<table>
<thead>
<tr>
<th>CHORE</th>
<th>DESCRIPTION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MY BEDROOM**

**HELP AROUND THE HOUSE**

**PERSONAL ITEMS**

**OTHER**

My Goal

Points

Carryover

Bonus

Total Points

Points Needed

Chart #3
WORKSHEET FOR TEENS

__________________________'s Chore Worksheet

<table>
<thead>
<tr>
<th>My CHORES</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
</table>

Chore Complete? Check Yes or No

<table>
<thead>
<tr>
<th>List Chores</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Points

Total Points

Points Needed

Goal

Carryover

Total Points

Points Needed

14
Make The Bed or
Clean Bedroom

Brush Teeth or Wash Face
or Get Ready For Bed

Help With Laundry or
Take Dirty Clothes to Laundry
or Put Clean Clothes Away

Pick up Toys or
Clean The Toy Room

Take A Bath or
Shower
Take Out The Trash

Vacuum Room/s

Do Homework

Wash Dishes and/or Clean Kitchen

Use For Cleaning Any Room, Bathrooms, Living Rooms, Laundry Room etc....
FREQUENTLY ASKED QUESTIONS

1. Where do I keep the Chore Charts?
   The best place is on your refrigerator at a level your kids can reach. You can tape it in place or use refrigerator magnets. Or, if you prefer, place it on the inside of a pantry or closet door. Your teens may want to keep their charts out of sight.

2. How do I get my teen to stop using the point system?
   Keep in mind the system is designed to take the hassle out of chores. If your child was introduced to the system at an early age, you can mention to them from time to time, that when they get older they will not have to use the points. When they reach age 14 or 15, have a talk with them about now is the time to begin learning to accept the responsibilities of adulthood.

   As your kids go through the system they may make the decision on their own. If not, don't force the issue. Remember, the whole idea is to take the hassle and nagging out of chores. For your teen that has just been introduced to the system for the first time, let them make the decision.

3. How can I get my kids to use the charts?
   Be their partner in the use of the system. As their partner you will help them get into the habit, this is especially true when you first start using the system. Show that you are interested in the process, encourage your kids, and always give praises when deserved. Training and communicating clearly what’s expected helps keep the ball rolling.

   Keep in mind that the consequences for inaction will get chores accomplished. The cause and effect approach works well for this - i.e. favored activities have to wait until the less attractive ones are accomplished.

   Be their coach and their biggest fan. A winning recipe for success.

4. The clipart does not fit on Avery labels?
   Make sure you are using Avery template #5428. If you receive a popup when trying to print that states (Part of your document extends into your unprintable zone. They may not print correctly. Do you want to continue?) Click the "yes" button. If the clipart does not fit squarely on your template, you can still use the stickers if only a portion of the clipart is missing. If you continue to have difficulties, you may have to print the clipart on letter size paper and use the cut and paste method.
CONTACT INFORMATION

CHORE WORKSHEETS FOR KIDS

We are pleased to provide you with a quality product. We continually strive for a high level of customer satisfaction. Any comments, questions, or suggestions about our product are very much appreciated. Please contact us at your convenience.

E-mail

Comments / Suggestions: comments@choreworksheets.com
General Information: info@choreworksheets.com
Testimonials: testimonials@choreworksheets.com
Director Of Operations: randy@choreworksheets.com

Telephone

(440) 260-0775

Fax

(440) 260-0515