



ACTIVITY NAME	Daily Chore Chart
AGE	5-6 years old
DURATION	Varies
INSTRUCTIONS FOR THE ACTIVITY	Make a chore chart with age-appropriate assignments like tidying up toys, making the bed, or feeding animals. Explain the allocated tasks and post the chart somewhere that is easily seen. Give them stickers or a reward system to keep track of their progress and recognize their achievements. Chore Chart: Day 1: Monday Chore: Make Bed Day 2: Tuesday Chore: Pick up Toys Day 3: Wednesday Chore: Help Set the Table Day 4: Thursday Chore: Water Plants Day 5: Friday Chore: Feed Pets Instructions: Materials: Poster board or a large sheet of paper, markers or colored pencils, stickers or markers, and a ruler (optional). Create five columns or five equal parts on the poster board or paper. At the top of each column, list the days of the week from Monday through Friday. List the precise assignment or chore your child needs to finish for each day under that day's heading. Make the chart visually appealing by adding colors or graphics. With your child, go over the chore sheet and go over their responsibilities and the significance of each work. Hang the chore sheet in a prominent location, like their room or a public space.



	Allow your child to mark the chart with a sticker or to mark off each task they have finished. Review the chart with your child at the conclusion of the week and give them praise for their efforts. For constantly finishing their responsibilities, you might want to consider giving them a modest prize or privilege.
MATERIALS, IMAGES AND RELEVANT LINKS	Materials: Chore chart, stickers or markers. Relevant Link: https://www.parents.com/parenting/better-parenting/advice/how-to-make-a-chore-chart/

ACTIVITY NAME	Making a Sandwich - Veggie Sandwich
AGE	4-5 years old
DURATION	30-40 minutes
INSTRUCTIONS FOR THE ACTIVITY	Place cut vegetables, bread, and spreads like mayo or mustard on a table. Help your child build a sandwich by helping him or her layer the ingredients. Inform children about proper portion amounts and food safety.
MATERIALS, IMAGES AND RELEVANT LINKS	Materials: Bread slices, sliced vegetables, spreads, knife (for adult use). Relevant Link: https://www.bbcgoodfood.com/recipes/collection/kids-sandwich

ACTIVITY NAME	Dressing Themselves - Putting on a T-Shirt
AGE	2-3 years old
DURATION	15-20 minutes
INSTRUCTIONS FOR THE ACTIVITY	Give your child a T-shirt to put on. Help them raise their arms so they can pull the T-shirt over their heads. Assist as necessary while letting them complete as much on their own as possible.
MATERIALS, IMAGES AND RELEVANT LINKS	Materials: T-shirt. Relevant Link: https://www.parents.com/toddlers-preschoolers/development/behavioral/teach-your-toddler-self-help-skills/

ACTIVITY NAME	Cleaning Up Toys
AGE	2-4 years old
DURATION	5-10 minutes
INSTRUCTIONS FOR THE ACTIVITY	Teach your youngster how to put things away after playtime and where they belong. Give them clear directions and help them put the toys back where they belong. After playtime, encourage your youngster to tidy up on their own.
MATERIALS, IMAGES AND RELEVANT LINKS	Materials: Toys, designated storage areas. Relevant Link: https://www.verywellfamily.com/cleaning-up-with-your-preschooler-2764717



ACTIVITY NAME	Watering Plants
AGE	4-5 years old
DURATION	10-15 minutes
INSTRUCTIONS FOR THE ACTIVITY	Teach your child how to add water to a watering can. Show how to evenly and gently water plants. Allow them to supervise the watering of any interior or outdoor plants.
MATERIALS, IMAGES AND RELEVANT LINKS	Materials: Watering can, indoor or outdoor plants. Relevant Link: https://www.scholastic.com/parents/family-life/parent-child/helping-your-preschooler-develop-her-own-routines.html

