Teach one small chore

For children starting chores, including ages 6-7. Choose one example, show it together and adjust the steps to your home.

01 Put out napkins

Adult setup: Set out the napkins. Say how many people are eating; an adult handles hot food and other tableware.

1. Take a napkin.
2. Put one at each place being used.
3. Look together for a place you missed.

Finished when: Each person eating has one napkin. It does not need to be perfectly straight.

02 Match a small pile of socks

Adult setup: Choose a few clean pairs. Make space on a table or lap tray and show the drawer or basket for the pairs.

1. Pick up one sock.
2. Find its partner and put them together.
3. Put the pairs away; leave unmatched socks in the agreed spot.

Finished when: Pairs are in their place. A missing partner can wait.

03 Return a few books

Adult setup: Choose a reachable, uncrowded shelf or basket. Move heavy stacks yourself.

1. Take one of the books you used.
2. Put it on the shelf or in the basket.
3. Return the remaining books from this activity.

Finished when: Those books are back in their place. No sorting by size or color is needed.

Keep materials within reach. Adults handle heat, sharp or breakable items, cleaning products and heavy loads. Change any movement that hurts or feels unsafe.

Make a card for your home

Draw or write the steps with your child. Read the card aloud if useful. Leave a box empty when the job needs fewer steps.

Our small job

We will try it when

1	2	3
Draw or write one action	Draw or write one action	Draw or write one action

Finished when

Adult preparation or help

What should we change next time?

Use a row when useful. These spaces are not a practice target or a deadline.

Date / occasion	Where help was needed	One change to try