

CHORES FOR PROMOTING DEVELOPMENTAL SKILLS

STRENGTH & PROPRIOCEPTION

- Taking out the garbage
- Washing the floor
- Loading the washer and dryer with clothes
- Raking, shoveling, and pulling weeds
- Changing sheets, pillowcases, and blankets
- Making beds
- Vacuuming

BILATERAL COORDINATION

- Sweeping the floor
- Folding laundry
- Washing dishes
- Cooking

VISUAL & COGNITIVE SKILLS

- Following a recipe
- Making/packing snacks or lunches
- Putting away groceries
- Unloading the dishwasher
- Setting the table
- Putting away laundry, matching socks
- Tidying up and sorting toys into bins
- Picking out clothes

FINE MOTOR SKILLS & HAND STRENGTH

- Washing things using sponges or rags (squeezing)
- Watering plants with a spray bottle
- Hanging laundry with clothespins

MIDLINE CROSSING

- Dusting or wiping down tables/counters
- Washing windows
- Sweeping and mopping
- Washing the car
- Sweeping or mopping