

# Chores for Teens

Transition Skills, Tips & Tools  
Chores



**It's important for you to help around the house.**

**As you get older and learn new tasks, think about ways you can use these new skills to help at home:**

- Baking can be a great way to practice math.
- Folding laundry can be great experience for working in a clothing store.
- Looking through digital coupons and using grocery store apps are good ways to work on organization and money management.
- Vacuuming helps to build muscles and hand-eye coordination.
- Cooking is a great way to learn the importance of healthy eating.
- Doing laundry to keep your clothes clean and tidy is a great way to make a good first impression for a job interview.

**Be creative to find ways to modify tasks to do as much as you can on your own.**

**Your family will count on you to help with chores.** As everyone chips in, there may be more time for family fun.

**Being responsible for chores at home can lead to being responsible for tasks at a job and greater independence as an adult.**

You may also find the following websites helpful with deciding on chores:

- **“Twelve Skills and Five Household Chores that Build Vocational Skills”** - [leader.pubs.asha.org/doi/10.1044/12-skills-and-5-household-chores-that-can-serve-as-preparation-for-future-vocation/full](https://leader.pubs.asha.org/doi/10.1044/12-skills-and-5-household-chores-that-can-serve-as-preparation-for-future-vocation/full)

You may want to ask your parent/caregiver to help support you with learning a new task. If they want to learn more about ways to help, go to:

- **“Over 50 Ideas of Chores for Teens”** is a brief article on giving directions and what these activities can accomplish (goals, life skills, etc.) - [verywellfamily.com/over-50-ideas-of-chores-for-teens-2609291](https://verywellfamily.com/over-50-ideas-of-chores-for-teens-2609291)

- Pages 14-15 of “Fostering Self-Determination Among Children and Youth with Disabilities” - [waismanuccedd.wiscweb.wisc.edu/wp-content/uploads/sites/74/2017/05/FosteringSelfDetermination.pdf](https://waismanuccedd.wiscweb.wisc.edu/wp-content/uploads/sites/74/2017/05/FosteringSelfDetermination.pdf).
- “Household Chores for Adolescents” - [healthychildren.org/English/family-life/family-dynamics/Pages/Household-Chores-for-Adolescents.aspx](https://healthychildren.org/English/family-life/family-dynamics/Pages/Household-Chores-for-Adolescents.aspx)
- “Strategies for Chores” - [life-skills.middletownautism.com/strategies/work/household-chores/strategies-for-chores/#top](https://life-skills.middletownautism.com/strategies/work/household-chores/strategies-for-chores/#top)

## Home Living Activities: Housekeeping Skills & Laundry

**As you grow older, you learn new tasks that help bring you closer to independence as an adult.** You may or may not already be able to do some or all these activities. This checklist simply gives you ideas to help build your independence skills.

### Kitchen - Keep Kitchen Clean

- ☐ Set the table for meals
- ☐ Take the dishes to the sink
- ☐ Wipe down the table after use
- ☐ Wash the dishes in the sink/load the dishwasher
- ☐ Dry the dishes/put them away
- ☐ Take out the garbage
- ☐ Sweep the floor
- ☐ Know when to mop the floor

### Bedroom - Keep Bedroom Neat

- ☐ Pick up belongings
- ☐ Make bed
- ☐ Dust furniture
- ☐ Vacuum carpet/sweep floor
- ☐ Put dirty clothes in the hamper
- ☐ Know when to change sheets
- ☐ Put clean sheets on the bed

### Laundry - Keep Clothing Clean and Neat

- ☐ Gather dirty clothes/bed sheets
- ☐ Sort whites from colors
- ☐ Load washer/dryer
- ☐ Learn how to use detergent/softener
- ☐ Choose setting for washer/dryer with help and then without help
- ☐ Check lint trap - empty if needed
- ☐ Fold clothes
- ☐ Put clothes away with help and then without help

### Bathroom - Keep Germs from Spreading

- ☐ Identify cleaning products
- ☐ Choose appropriate cleaning products
- ☐ Clean the sink, toilet, bathtub/shower
- ☐ Sweep/vacuum and mop the floors

### Yard Work - Keep the Yard Looking Nice

- ☐ Learn to use lawn equipment
- ☐ Mow grass, trim bushes, rake leaves, pick up sticks, weed

## We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: [dscc.uic.edu](https://dscc.uic.edu)

