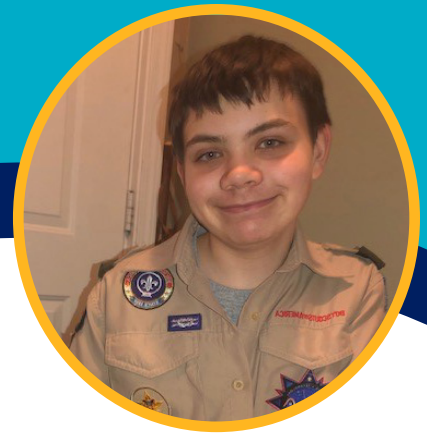


Chores for Teens

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/

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://www.verywellfamily.com/over-50-ideas-of-chores-for-teens-2609291)

- Pages 14-15 of “Fostering Self-Determination Among Children and Youth with Disabilities” - waismanucced.wiscweb.wisc.edu/wp-content/uploads/sites/74/2017/05/FosteringSelfDetermination.pdf.
- “Household Chores for Adolescents” - www.healthychildren.org/English/family-life/family-dynamics/Pages/Household-Chores-for-Adolescents.aspx?_gl=1*1isihfy*_ga*MjgzODQ1NDI4LjE3MjYxNjkyNjk.*_ga_FD9D3XZVQQ*MTcyODQxMDkyMS4yLjAuMTcyODQxMDkyMS4wLjAuMA
- “Strategies for Chores” - 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

