Suggested Activities for Children by Age

For all children, if you make the items they need to work with accessible to them in low cabinets, low drawers, low rods for hanging clothes, they are more able to be independent. In addition to morning and evening activities, I have included other jobs children are capable of that can help around the house. Add those on in a similar way as your morning and evening routines. In other words, the timing should be predictable and the activity should be modeled once or twice at least. Try not to spring something on them while they are in the middle of playing; it is a recipe for pushback and stress.

- **Toddlers**
  - Putting dirty clothes in a hamper.
  - Picking up toys.
  - Getting dressed./Putting on pajamas.
  - Brushing teeth.
  - Choosing clothes from two options.
  - Carrying their lunch box to the car.

- **Primary Students**
  - All of the toddler activities plus:
    - Helping pack their lunch by getting food out of low shelves in the fridge, getting containers, putting items in containers, putting lunch in their lunch box.
    - Bringing their items from the car into the house at the end of the day.
    - Hanging up coats (they use the floor and a hanger at school).
    - Setting the table.
    - Clearing the table (with a stool at the counter).
    - Wiping the table with a cloth and spray bottle of water.
    - Make the bed (again here, with help and low expectations).
    - Feeding the pets.
    - Watering plants (with a watering "can").

- **Elementary Students**
  - All of the above plus:
    - Packing their lunch with general guidance about what to include (for example: a protein or main course, a fruit, a vegetable, and a snack). Posting a list in the kitchen of their choices in each category helps the task seem more manageable.
    - Putting all of their things in the car for school (be sure they know what "all" means or have a posted list).
    - Loading the dishwasher.
    - Emptying the dishwasher.
    - Helping with laundry.
    - Hanging up and folding their clothes (works best with your folding yours beside them).
    - Vacuuming.
    - Sweeping.
    - Helping a sibling work through his or her list.