







Chore Types	Home	Outside
Chores with No Texture	 □ Sorting old papers □ Organizing clutter □ Sweeping □ Taking out the Garbage □ Grocery shopping □ Planning meals □ Mop floor □ Play with siblings □ Start dishwasher 	 Sweeping deck Water plants Walk the dog Pick up the newspaper
Chores with Texture	 Dusting Add detergent and dryer sheets to laundry Switch wet laundry to dryer Clean cat litter Washing dishes Cleaning toilets Cleaning baseboards Scrub sinks Help make lunch for siblings 	 □ Gardening □ Picking up after dog in the yard (dog poop) □ Wash car □ Spray driveway
Heavy Weight Chores	□ Carry laundry basket□ Move boxes to storage□ Rearrange furniture□ Carry groceries	Build shelvesMow lawnMove rocksPush wheelbarrow
Chores without loud noise	 □ Fix broken toys or furniture □ Empty dishwasher □ Wash windows □ Hang up clothes □ Make beds 	□ Rake leaves□ Shovel Snow□ Weeding
Chores with Headphones or Earplugs	VacuumGarbage disposalBaking and cooking using food mixers or pots and pans	 Mow lawn Use leaf blower Snow blower Weed Wacker Power Tools
Chores with gloves	Clean bath tubWash dishesShine shoesPrepare food	☐ Gardening☐ Cleaning shed☐ Plant flowers☐ Paint house