

# Chore Time

- Laundry tasks (**with adult supervision!**):
  - carry, push or pull laundry baskets to washing machine
  - lift dirty laundry into washing machine
  - transfer the heavy, wet clothes to the dryer
  - fold the laundry
  - hang the laundry on clothesline using clothespins

SAMPLE

Take out the trash

Change sheets on the bed

Push and steer grocery cart in store

Carry or drag full grocery bags

SAMPLE

Sweep or mop the floor

Wring out wet cloth and wash the floor on hands and knees

Push and pull the furniture to clean under it

Wash the windows

SAMPLE

Wash outdoor toys and bicycles

Rake leaves or shovel snow

Student: \_\_\_\_\_

Comments: \_\_\_\_\_

Therapist: \_\_\_\_\_

Date: \_\_\_\_\_

SAMPLE