



Try The Chore Job

Cleanup Time!

Goal: Write down or draw pictures of various chores and place them in a “Chore Jar.” Randomly choose chores with your child on a regular basis.

Why is this important? Chores teach responsibility, collaboration and self-efficacy, while also providing exercise.

References: Dunn, L. (2004). Validation of the CHORES: a measure of school-aged children's participation in household tasks. *Scandinavian Journal of Occupational Therapy*, 11(4), 179–190.
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Ridley, K., & Olds, T. (2016). The Energy Cost of Household Chores, Rollerblading, and Riding Scooters in 9- to 14-Year-Old Children. *Journal of Physical Activity & Health*, 13, S75–S77. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=117882829>