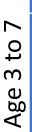


Empowering Kids With ADHD

Chores By Age



- pick up toys and books
- put clothes in hamper
- sort laundry
- feed pets
- clear own plate and cup
- water plants
- wipe countertops
- fold towels
- throw away trash



Age 8 - 1

- fold clean clothes
- dust
- mop
- rake leaves
- set and clear table
- load and unload dishwasher
- prepare a simple snack
- pack own lunches
- vacuum
- empty trash
- sort trash and recycling
- use microwave
- keep personal space clean and organized



Age 13 - 18

- wash dishes, pots & pans
- mow lawn
- clean bathrooms
- wash car
- pull trash cans out
- cook simple meals (operate stove & oven)
- walk and clean up after pets
- home
 maintenance
 (use a
 screwdriver,
 change
 lightbulbs,
 interior
 painting)
- pack own bag for vacation



Item:

Cost of item:

Empowering Kids With ADHD

MONEY SAVING CHART

Choose a goal and a potential timeline and work backward. For example, if the goal is to save money for a \$100 skateboard that your teen wants to purchase in 1 month, he will have to save (or earn) \$25/week. If he doesn't have that earning capacity, you may have to push the goal back a few months. Saving \$10/week, it will take 10 weeks (2.5 months) and so on.

Want to purchase item (date):			
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			



1.

List 5 things you think you are good at:

Empowering Kids With ADHD

INTEREST ASSESSMENT

2.	
3.	
4.	
5.	
List 5 things you would like to learn, pa	rticipate in, or improve in:
1.	
2.	
3.	
4.	
5.	
IDEAS:	
Team Sports	Fishing/ hunting
Individual Sports	Writing
Performing Arts	Leadership/ Teaching others
Musical Instrument	Public Speaking
Outdoors (hiking, camping)	Video Games
Cooking	Reading
Woodworking/building	Math
Engineering/ mechanical	Technology/ computers
Gardening	Volunteering