

Chores By Age



Age 3 to 7

- 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 - 12

- 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



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.

Item: _____

Cost of item: _____

Want to purchase item (date): _____

Week	Amount Saved	Total
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		

INTEREST ASSESSMENT

List 5 things you think you are good at:

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things you would like to learn, participate in, or improve in:

- 1.
- 2.
- 3.
- 4.
- 5.

IDEAS:

Team Sports

Individual Sports

Performing Arts

Musical Instrument

Outdoors (hiking, camping)

Cooking

Woodworking/ building

Engineering/ mechanical

Gardening

Fishing/ hunting

Writing

Leadership/ Teaching others

Public Speaking

Video Games

Reading

Math

Technology/ computers

Volunteering