

Objective

By the end of this lesson, the student will understand the importance of chores and household duties, learn how to complete several key tasks, and feel empowered to take responsibility for their living space.

Materials and Prep

- Paper and pencil for making a chore chart
- Access to various areas of the house (kitchen, living room, bathroom, etc.)
- Time to complete different chores (20-30 minutes)
- Optional: Timer for fun challenges

Activities

• Chore Chart Creation:

Start by creating a personalized chore chart. The student can list daily and weekly chores they can help with, such as making their bed, washing dishes, or vacuuming. This will help them visualize their responsibilities.

• Chore Relay Race:

Set up a fun relay race where the student has to complete a series of chores in a limited time. For example, they can dust a shelf, pick up toys, and wipe down a table. Time them and see if they can beat their record!

• Chore Discussion:

Have a discussion about why chores are important. Ask the student how they feel after completing a chore and what they think about helping out around the house. This will help them reflect on their contributions.

• Chore Role-Playing:

Engage in a role-playing game where the student pretends to be a family member with specific chores. For example, they can act as a parent who has to organize the living room or a sibling who needs to clean their room.

Talking Points

- "Chores help keep our home clean and organized. Why do you think that's important?"
- "Completing chores can make you feel proud and accomplished. What chores do you enjoy doing?"
- "Working together as a family makes chores easier and more fun. How can we help each other?"
- "Chores are a way to learn responsibility. What does being responsible mean to you?"
- "If we all pitch in, we can spend more time doing fun things together. What fun things do you want to do?"
- "Sometimes chores can feel like a lot, but breaking them into smaller tasks can help. How would you break down a big chore?"
- "Keeping our space tidy shows respect for our home and each other. Why is respect important?"
- "Doing chores can teach valuable life skills. What skills do you think chores can help you

learn?"

- "Chores can be turned into games or challenges. What game can we invent while doing chores?"
- "Remember, everyone has chores to do, and it's a part of being a team. How can we work together as a team?"