

The Age-by-Age Chore Guide

What kids can actually do at every age — pick a few, make them quests, watch them rise.

AGES 2-3

"Little Helpers"

- ☐ Put toys in the toy bin
- ☐ Drop clothes in the hamper
- ☐ Wipe up small spills
- ☐ Feed a pet (with help)
- ☐ Stack books on the shelf
- ☐ Throw trash in the bin

AGES 4-5

"Sidekicks"

- ☐ Make the bed (roughly!)
- ☐ Set the table
- ☐ Clear their own plate
- ☐ Water the plants
- ☐ Match clean socks
- ☐ Dust low shelves

AGES 6-8

"Squires"

- ☐ Tidy their room
- ☐ Sort laundry by color
- ☐ Feed & water pets
- ☐ Sweep the floor
- ☐ Pack their backpack
- ☐ Make a simple snack

AGES 9-11

"Knights"

- ☐ Load/unload the dishwasher
- ☐ Vacuum a room
- ☐ Take out trash & recycling
- ☐ Help cook dinner
- ☐ Make their own lunch
- ☐ Wipe the bathroom sink

AGES 12+

"Champions"

- ☐ Do laundry start to finish
- ☐ Cook a simple meal
- ☐ Mow the lawn
- ☐ Wash the car
- ☐ Watch younger siblings
- ☐ Deep-clean a room

This Week's Quest Board

Write in the chores, check the box each day, add up the points on Sunday.

Quester: _____

Week of: _____

CHORE QUEST	M	T	W	T	F	S	S	PTS
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WEEKLY TOTAL: _____ pts