

CHORE CARDS - INSTRUCTIONS

CHORE CARDS FOR HOME USE

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To make the chart:

Print on card paper or print and laminate. Write your own reward ideas on the blank cards.

Key Points to Remember:

1. Teach/explain each of the expectations/rules (choose a calm happy time)
2. Teach/explain the consequences (use the Choice Tracker Chart)
3. Keep it positive - Listen to your tone - Speak to your child the way you would like to be spoken to
4. Build trust and a solid relationship with your children
5. Apologise if you make a mistake
6. Role model the desired behaviour
7. Teach through RESPECT, NOT FEAR
8. BE CLEAR - State the rule broken, then the action e.g. peg down, extra chore, then the way to get back on track
9. Move on quickly

To use cards:

Shuffle and let the family member pick a card or parents choose a card or cards at the beginning of the day for family members to avoid.

Everyone can achieve Super Star Status, with the right support and communication. We know that consistency is vital for success, let's work together to get this right.

Use with the Happiness Rules Poster and the Choice Tracker to help the whole family stay on track to peace and happiness.

FREE PDF - Print for personal/home use only - Pay It Forward

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Chore Cards



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Kitchen

Wash dishes or stack the dishwasher and turn on

Bedroom

Strip the sheets from your bed

Kitchen

Wipe down all of the bench tops

Bedroom

Replace the sheets on your bed

Kitchen

Wipe down all of the cupboard fronts

Bedroom

Vacuum your bedroom floor

Kitchen

Wipe and put away the dishes or unpack the dishwasher

Bedroom

Wipe down all of the bench tops and surfaces

Kitchen

Take out the rubbish and the recycling

Bedroom

Wipe and clean all mirrors

Kitchen

Clean hot plate

Bedroom

Clean out clothes and toys for charity

Bathroom

Wipe down all of
the cupboard fronts

Bathroom

Replace the towels
for fresh ones

Bathroom

Clean the mirrors

Bathroom

Wipe down all of the bench
tops and surfaces

Laundry

Put a load of washing on

Bathroom

Empty the bins and
fill the toilet rolls

Laundry

Collect the washing

Laundry

Hang the washing

House

Dust all furniture in living rooms

Pets

Brush, wash or groom the pets

House

Collect belonging and deliver
them to the appropriate rooms

Pets

Clean up the pet poop

House

Bring in the mail

Pets

Fill the water bowls

Kitchen

Set the table

Kitchen

Clear the table

Outdoor

Weed the garden beds

Outdoor

Wipe the outdoor furniture

Blank red-bordered box for notes.

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