My Helper Chart

Ages 3 to 5

Name: _____ **Week of:** _____

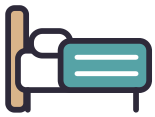
Job	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Make bed	☐	☐	☐	☐	☐	☐	☐
 Get dressed	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Toys in bin	☐	☐	☐	☐	☐	☐	☐
 Clothes in hamper	☐	☐	☐	☐	☐	☐	☐
 Shoes away	☐	☐	☐	☐	☐	☐	☐
 Set the table	☐	☐	☐	☐	☐	☐	☐
 Feed the pet	☐	☐	☐	☐	☐	☐	☐

When a job is done: color the box or add a sticker.

Picture Job Cards

Ages 3 to 5

An adult cuts on the dashed lines. Each card fits a square on the blank chart (page 3). Glue in 2 to 4 jobs to start, or tape cards to the fridge in the order they happen.



Make bed



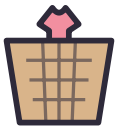
Get dressed



Brush teeth



Toys in bin



Clothes in hamper



Shoes away



Set the table



Feed the pet



Water plants



Wipe the table



Books away



Match socks



Hang up coat



Cup to sink



Trash in can



Wash hands



Pack my bag



Draw your own



Draw your own

Make it last: slip the chart into a sheet protector or laminate it, then check boxes with a dry-erase marker. Wipe it clean each Sunday and one printout lasts for weeks.

Pick jobs your child can finish alone after you show them once or twice. Feeding a pet works best when an adult measures the food first.

My Helper Chart

Ages 3 to 5

Name: _____ **Week of:** _____

Job	○ Mon	○ Tue	○ Wed	○ Thu	○ Fri	○ Sat	○ Sun
glue a picture card here	☐	☐	☐	☐	☐	☐	☐
glue a picture card here	☐	☐	☐	☐	☐	☐	☐
glue a picture card here	☐	☐	☐	☐	☐	☐	☐
glue a picture card here	☐	☐	☐	☐	☐	☐	☐
glue a picture card here	☐	☐	☐	☐	☐	☐	☐

When a job is done: color the box or add a sticker. Glue a picture card from page 2 into each empty square.

My Daily Jobs

Ages 6 to 8

Name: _____ Week of: _____

	Mon	Tue	Wed	Thu	Fri
Morning					
Make my bed	☐	☐	☐	☐	☐
Get dressed, pajamas away	☐	☐	☐	☐	☐
Brush teeth and hair	☐	☐	☐	☐	☐
Pack my backpack	☐	☐	☐	☐	☐
After school					
Unpack lunchbox to the sink	☐	☐	☐	☐	☐
Coat on hook, shoes away	☐	☐	☐	☐	☐
Homework or 20 minutes reading	☐	☐	☐	☐	☐
Family job: _____	☐	☐	☐	☐	☐
Bedtime					
Tidy my room for 5 minutes	☐	☐	☐	☐	☐
Lay out clothes for tomorrow	☐	☐	☐	☐	☐
Bath or shower, brush teeth	☐	☐	☐	☐	☐
Dirty clothes in the hamper	☐	☐	☐	☐	☐

Weekend job (pick one): _____

When my boxes are done, we will: _____

My Daily Jobs

Ages 6 to 8

Name: _____ Week of: _____

	Mon	Tue	Wed	Thu	Fri
Morning					
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐
After school					
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐
Bedtime					
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐

Weekend job (pick one): _____

When my boxes are done, we will: _____

For the Grown-Ups

How to use

Getting started

1. **Start with 2 to 4 jobs,** not the whole chart. Add one more job after a good week.
2. **Show the job, then do it together** for the first few days before asking them to do it alone.
3. **Hang the chart where the job happens** (bedroom door, kitchen fridge) at your child's eye level.
4. **Check boxes at the same time each day,** like after dinner, so it becomes part of the routine.
5. **Praise the effort, not a tidy result.** A lumpy bed still counts.

Jobs by age

Ages 3 to 5	Ages 6 to 8
Put toys in a bin	Make the bed
Clothes in the hamper	Pack and unpack a school bag
Put shoes in a basket	Set and clear the table
Napkins and spoons on the table	Sort and fold socks and towels
Feed a pet (adult measures)	Feed a pet, refill water
Wipe up spills with a damp cloth	Empty small trash cans
Water plants with a small cup	Unload plastic dishes and cutlery (no knives)

Safety notes

- Give young children only water and a cloth for wiping. Keep cleaning sprays, dishwasher pods and laundry pods locked away.
- Sharp knives, the stove, the oven and the dishwasher's hot steam stay grown-up jobs.
- Use a sturdy step stool with an adult nearby, never a chair. Stay close when a child carries glass or heavy items.
- Pet food can be a choking hazard for babies and toddlers in the house. Store it out of reach.

If the chart stops working: cut back to 2 jobs, move the chart to where the job happens, and check boxes together at the same time each day.

FOR GROWN-UPS · HEADING OUT WITH THE KIDS?

Road Trip Activities for Kids

The chore chart helps at home. This 37-page printable pack covers the hard waits away from home: long drives, flight days and restaurant tables, with quiet games that need nothing but crayons.

Car bingo, I spy and the license plate game

6 bingo boards (including a colors and shapes board for little ones and a word board for readers), a color-a-stop trip map and a 40-car countdown for long drives.

10 restaurant placemats

Mazes, word searches, tic-tac-toe, dots and boxes and drawing games for the wait before the food arrives, plus an answer key.

Made for ages 3 to 8, with nothing to lose

Every page shows the ages it suits, with tweaks for 3 to 4, 5 to 6 and 7 to 8. Crayons only, no small pieces or cut-outs.

Also inside: 12 talking games with no paper needed, airport and airplane I spy, a flight day checklist, a trip diary page and a simple safety page for grown-ups. US Letter, A4 and low-ink PDFs.

See the pack at puddlesandplay.com