Famipal

My chores this week



Name _____ Week of _____

Chore	Mo	Tu	We	Th	Fr	Sa	Su	Points
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
	○	○	○	○	○	○	○	
							Total	

If I fill my week, I get:

One box = one chore done. You approve, your child colours it in.

Does the chart last two weeks, then end up forgotten? In Famipal, every chore helps your child's Pal grow.

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Which chores at which age?

Ideas to get started. Every child is different: pick 3 to 5 chores, no more, and add new ones little by little.

Ages 3–5



- ○ Tidy up their toys
- ○ Put dirty clothes in the basket
- ○ Feed the pet (with help)
- ○ Water the plants
- ○ Put their shoes away

Ages 6–8



- ○ Set and clear the table
- ○ Make their bed
- ○ Pack their school bag
- ○ Sort laundry by colour
- ○ Put the shopping away

Ages 9–12



- ○ Empty the dishwasher
- ○ Vacuum their room
- ○ Take out the recycling
- ○ Help cook dinner
- ○ Fold and put away their clothes

Ages 13+



- ○ Run a load of laundry
- ○ Cook a simple meal
- ○ Do a small shopping run
- ○ Clean the bathroom
- ○ Help a younger sibling

- Show once, do it together once, then let them do it.
- Praise the effort, not perfection.
- One reward a week motivates more than one per chore.

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