



Growing up checklist: Responsibilities and Skills



Part of our school ethos is teaching children to take on responsibilities through their roles and actions. This is something that we would like the children to continue doing during their time at home.

Below is a list of responsibilities and skills that the children can develop at home. Please talk through this list with your child(ren) and find opportunities for them to take on responsibility for these roles in your household. They may need some training at first but will then be able to independently complete these tasks. Try to resist the urge to step in! This is a good opportunity for children to learn the implications of their choices.

Remember, within your own household, the level of supervision and starting points will vary between each child. This is a guideline to help build independence.

<ul style="list-style-type: none">○ Put toys away.○ Fill pet's food dish.○ Put clothes in hamper.○ Wipe up spills.○ Dust.○ Pile books and magazines○ Make own bed.○ Empty wastebaskets.○ Bring in mail or newspaper.○ Clear table.○ Pull weeds.○ Use hand-held vacuum to pick up crumbs.○ Water flowers.○ Unload utensils from dishwasher.○ Wash plastic dishes at sink.○ Fix bowl of cereal○ Choose their clothes○ Sort laundry.○ Sweep floors.○ Set and clear table.○ Help make and pack lunch.○ Weed and rake leaves.○ Keep bedroom tidy.○ Pour own drinks.○ Answer telephone○ Tie their own shoe laces○ Getting up in time○ Washing and drying cups and plates○ Load dishwasher.○ Put away groceries.○ Vacuum.○ Help make dinner.○ Make own snacks	<ul style="list-style-type: none">○ Wash table after meals.○ Put away own laundry.○ Sew buttons.○ Make own breakfast.○ Peel vegetables.○ Cook simple foods, such as toast.○ Mop floor.○ Take pet for a walk.○ Doing homework unsupervised○ Gardening○ Mending bicycle puncture○ Taking a shower or a bath independently○ Begin to sort out disagreements○ Crossing roads without holding hands○ Earning money and deciding how to spend money○ Organise time for homework and fun○ Unload dishwasher.○ Fold laundry.○ Clean bathroom.○ Wash windows.○ Wash car.○ Cook simple meal with supervision.○ Iron clothes.○ Do laundry.○ Go to the local shop○ Mow lawn.○ Crossing roads alone○ Clean kitchen.○ Clean oven.○ Change bed.○ Make cookies or cake from a box mix
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