



## Life Skills: Household Chores

Name: \_\_\_\_\_

*Keep this form in the student portfolio for each child. It may take a few years before every item is checked.*

**Define Objective:** Develop the skills necessary to clean a home all by myself.

**Discovery:** Identify the cleaning products to use for the following areas:

General Surfaces: \_\_\_\_\_

Windows and Glass: \_\_\_\_\_

Toilets: \_\_\_\_\_

Ceramic Tubs and Sinks: \_\_\_\_\_

Floors: \_\_\_\_\_

Wood Furniture: \_\_\_\_\_

Walls and Doors: \_\_\_\_\_

Spot cleaner for carpets: \_\_\_\_\_

### Cleaning Tips:

\* It is easier to clean a bathroom if you use a hand vacuum to suck up the hair before you begin.

\*Wood floors should be wiped dry after mopping to protect the wood from too much moisture.

\*Wash the mirrors in the bathroom after you clean the sink and countertop to avoid splashing on a clean mirror.

\*Old terry cloth towels make great cleaning rags. Cut up old towels and keep in the cleaning bucket.

\*Cobwebs can be easily cleaned by putting a damp towel on the end of a broom and brush away

\*Vacuum rooms before dusting to avoid dust from flying up on the clean furniture while you vacuum.

**Skill Practice:** Ask a parent to initial each item after you demonstrate your ability to clean the area. *Keep this form in the student portfolio. It may take a few years before every item is checked.*

\_\_\_ Bathroom: Clean mirror

\_\_\_ Bathroom: Scrub sink and countertop

\_\_\_ Bathroom: Scrub outside and inside of toilet

\_\_\_ Bathroom: Mop floor and baseboards

\_\_\_ Dining Room: Wipe down tables, chairs, stools, and benches

\_\_\_ Dining Room and Kitchen: Sweep and clean dining room floor

\_\_\_ Kitchen: Clean the oven

\_\_\_ Kitchen: Clean the fridge

\_\_\_ Kitchen: Clean the microwave

\_\_\_ Kitchen: Clean out crumbs from toaster

\_\_\_ Kitchen: Clean the kitchen sink and countertops

\_\_\_ Kitchen: Organize the plastic container cupboard

\_\_\_ Kitchen: Wash dishes after dinner

\_\_\_ Kitchen: Tidy up the pantry

\_\_\_ Kitchen: Empty the trash

\_\_\_ Laundry Room: Wipe down washer and dryer with cleaning spray and cloth

\_\_\_ Laundry Room: Sweep and mop laundry room

\_\_\_ Family Room/Living Room: Dust window blinds

\_\_\_ Family Room/Living Room: Organize videos and books

\_\_\_ Family Room/Living Room: Dust and polish wood furniture

\_\_\_ Family Room/Living Room: Clean tile and mantel around fireplace

\_\_\_ Family Room/Living Room: Vacuum couches and underneath cushions

\_\_\_ Family Room/Living Room: Spot clean the carpet

\_\_\_ Office: Dusting computer equipment and desk

\_\_\_ Bedrooms: Change and wash sheets

\_\_\_ General cleaning: Remove cobwebs with long duster or broom

\_\_\_ General cleaning: Vacuum carpet. Include a hand vacuum to get corners and crevices

\_\_\_ General cleaning: Vacuum stairs. Include a hand vacuum to get corners and crevices

\_\_\_ General cleaning: Wash windows including window sills

\_\_\_ General cleaning: Wash walls including baseboards

\_\_\_ General cleaning: Clean and polish handrail on stairs

\_\_\_ General cleaning: Wash doors and door knobs

**Evaluate:** What did you learn while you practiced? What do you want to remember for your next attempt?

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**Share what you have learned with others:** Decide how you will share your new skills and insights with others. You may want to provide a demonstration or presentation to your family or peers. Perhaps you can teach a younger sibling how to do some of these chores.