
CALM DOWN KIDS

Responsibilities Checklist

Teach your 3 to 16-year-old to manage their day in a flexible way.

DIRECTIONS

1. Print out this packet
2. Call a family meeting
 - a. Set appropriate and specific goal (e.g. 20 minutes total of math)
 - b. Teach any new responsibilities
 - c. Child gets to choose tasks they are interested in first
3. Choose your tasks (one task for each birthday up to 10)
4. Place list in plastic sleeve
5. Hang on clipboard with dry erase marker on string
6. Earn daily reward when completed
7. Negative consequence if less than 50% complete or refusal

_____ 'S ACTIVITIES LIST

WHAT I EARN:

RESPONSIBILITIES

3 - 4 YEARS OLD

- Pick up toys
- Dust
- Sweep the floor
- Put clothes in dirty clothes hamper
- Throw away trash
- Move clothes from washer to dryer
- Make bed
- Wipe cabinets, walls, baseboards, and spot clean floors
- Practice shapes, colors, numbers, and letters

5 - 8 YEARS OLD

- Any previous chores
- Meal prep (washing fruits and veggies)
- Wipe bathroom counters, sink, toilet (no chemicals)
- Vacuum
- Collect garbage
- Get mail
- Fold laundry
- Clean microwave
- Homework

9 - 14 YEARS OLD

- Any previous chores
- make simple meals
- Wash/dry Laundry
- Clean toilets (with disinfectant)
- Mop floor (with disinfectant)
- Clean tub/shower (with disinfectant)
- Set table
- Clear table
- Load/unload dishwasher
- Clean windows
- Rake leaves
- Feed pets
- Water indoor plants
- Weed
- Wash dishes
- Homework

14+ YEARS OLD

- Any previous chores
- Make full meals
- Babysit younger siblings
- Mow yard
- Clean out fridge/freezer
- Homework

REWARDS

TV/IPAD TIME
QUALITY FAMILY TIME
MONEY
MOVIE THEATER
SPECIAL SNACK
PICK DINNER
TOYS
BOARD GAMES
SPECIAL FAMILY OUTING
EXTRA 1 ON 1 TIME
EXTRA DESSERT
EXTRA PLAYTIME
SKIP 1 CHORE
SLEEPOVER
STAY UP LATE

CONSEQUENCES

V-SITS
WRITING SENTENCES
APOLOGY LETTER
JUMPING JACKS
WALL SITS
LOSE A PRIVLEDGE
WASH YOUR FACE WITH COLD WATER
NO TREATS/SNACKS
REMOVED FROM FUN ACTIVITY
QUIET TIME
DISSAPPEARING TOY OR TABLET
EARLIER BEDTIME
EXTRA CHORE FROM THE "JOB JAR"
PUSHUPS
SIT UPS
WRITE AN "I'LL DO BETTER" BOOK
TIME-IN
EXTENDED TANTRUM
HOLD YOUR TONGUE
REDO YOUR WORK
NOSES ON KNEES
HIDE AND SEEK FOR MISSING TOYS
LOSE THEIR DOOR
STAND LIKE A ZOMBIE

Calm Down Kids.