



CHORES

Heavy Work to Calm & Focus

HOME

Switch Loads of Laundry

Wipe the Counters

Carry Groceries Inside

Load the Dishwasher

Clean the Baseboards

Wash the Windows

Vacuum the Carpets

Mop (with a Ringer Mop)

Sweep with a Dust Mop

Take Out the Garbage

SCHOOL

Clean Dry Erase Boards

Carry Copies/ Books

Push in all the Chairs

Water the Plants

Return Library Books

Carry Recess Gear

Sharpen Pencils

Sweep the Floors

Empty Wastebaskets

Staple on Bulletin Board

OUTSIDE

Rake the Leaves

Weed the Garden

Push Garbage to Curb

Stack the Lawn Chairs

Push a Wheelbarrow

Move Rocks with a Truck

Plant Flowers in Pots

Gather Firewood

Carry Bags of Dirt

Wash Outdoor Windows