



# Chores

## Language/Literacy

**Describe** what is happening in the washing machine when you see the soap being added or the spin cycle begin.

**Introduce new vocabulary** about the textures, designs, and colors of the clothing you are sorting.

## Early Learning (Math, Cognitive)

**Sort** laundry by different attributes in various baskets. “Can you put all of Daddy’s clothes in the blue basket and your clothes in the white basket?”

Practice **matching** socks into pairs.

Help your child learn **sequencing** by helping move clothes through the washing process.

## Social/Emotional

**Describe** how your children are learning to feed themselves, discovering items in the kitchen, or being helpful with cooking or cleaning tasks. This builds their sense of confidence in their abilities and pride in their accomplishments.

## Fine/Gross Motor

Allowing children to **help carry/push** laundry baskets is a great way to get some “heavy work” in the day! Heavy work helps kids work out some energy and self-regulate.

## Self-Help

Allow children time to **feed themselves** (including using utensils and cups).

Provide **finger foods** for children to feel successful at mealtimes.

Provide opportunities for the child to **serve themselves** at mealtimes.