

how CAN I help?

There are many jobs around the house that make the home tick along nicely. Whilst your mum or dad isn't well, it can be nice to start helping out more. Doing jobs around the house can be incredibly helpful and it doesn't have to be boring. Listen to music (as long as it doesn't disturb anyone resting!) or invent a dance routine around setting the table.

Here is a list of tasks. Circle the ones you can do, add ones not listed, and stick them on the fridge.

 PUT DIRTY CLOTHES IN LAUNDRY BASKET	 FEED PETS	 PUT TOYS AWAY
 MAKE THE BED	 WATER THE PLANTS	 LOOK AFTER BROTHER/SISTER
 DRY AND PUT AWAY DISHES	 SET THE TABLE	 COLLECT RUBBISH FROM AROUND THE HOUSE
 EMPTY DISHWASHER	 MATCH CLEAN SOCKS	 WEED GARDEN
 RAKE LEAVES	 MAKE SIMPLE SALAD	 REPLACE TOILET ROLL
 TIDY BEDROOM	 WRITE SHOPPING LIST	 PUT RECYCLING IN RECYCLING BIN
 LOAD DISHWASHER	 WASH LAUNDRY	 WASH UP DIRTY PLATES AND CUPS
 PUT AWAY CLEAN CLOTHES	 PUT FOOD SHOPPING AWAY	 MAKE SCRAMBLED EGGS
 BAKE CAKES	 WALK THE DOG	 TAKE FOOD OR DRINK TO PERSON RESTING
 HANG OUT WET CLOTHES	 CLEAN BATHROOM	 VACUUM
 CLEAR AND WIPE THE KITCHEN SURFACES	 PREPARE SIMPLE MEAL	 SIMPLE CAR WASH