

Ideas to Share

Chore Jars



Description: Your child will learn to perform chores with aid of the chore jars visual support. Chore jars teach children chores that need to be completed, as determined by caregiver. Once each chore is completed, the child can take an item out of the individual chore jar and place the item into a larger empty “Good Job!” jar to earn rewards. This will help teach the child about chore routine(s) and positively reinforce a child’s behavior of completing chores.

Age appropriate for ages 5 and up

Ideas what would be appropriate for toddler: Use larger items to place in jars that child will not choke on (any item larger than a ping-pong ball)

Materials:

- 3 jars of similar size (small)
- 1 jar (large)
- Stickers or food/treats
- Laminator and sheets (*optional)
- Pom poms of various sizes and color
- Jingle bells
- Buttons of various sizes and color
- Velcro

Instructions:

These ideas have been gathered from various resources included (a) submissions from early interventionists across the country, (b) development by Tots-n-Tech staff, or (c) retrieved from various websites focusing on assistive technology.



Ideas to Share



- Print out pictures of various activities/chores you would like your child to be able to do and underneath the picture, write out a descriptive label for the chore
- Print out one picture of an award ribbon and underneath write “Good Job”
- Laminate the pictures and cut them out so that they can fit on the lids of each jar
- Attach Velcro on the back of each picture
- Attach a piece of Velcro on the lid of each jar (use glue gun to reinforce the attachment)
- Place the pictures of the chores on the lids of the 3 smaller jars; place the “Good Job” picture on the lid of the larger jar
- Fill one small jar with pom poms; fill the second small jar with jingle bells; fill the third small jar with buttons (or any other objects you wish to use)
- On the larger jar, place three stickers of three different types of food/treats your child likes. Place the stickers on the side of the jar, evenly spaced, starting from the bottom of the jar and moving up towards the top; top sticker should be the most rewarding treat
- Each time the child successfully completes one chore, he/she will take out an item from the little jar associated with that chore and place it into the larger jar; as large jar fills and reaches the level of a sticker, the child will be rewarded with that treat

Ways to Adapt:

- May use items other than pom poms, jingle bells, and buttons to fill jar, such as sea shells, pebbles, or other desired object that can fill the jar
- Instead of cartoon pictures, use pictures of child’s own situations (chores) on top of the jars

*Useful to have pictures laminated for durability