

# CHORES: 13-18 YEARS

Teenagers are ready to manage real responsibilities! These chores help them build independence, organization, and readiness for adult life.



## MANAGING ALLOWANCE OR SMALL BUDGET

Let them track expenses, save money, or contribute to family purchases. This teaches financial responsibility and prioritizing needs vs. wants.



## HELPING WITH TRANSPORTATION RESPONSIBILITIES

Have them pump gas, check oil, or navigate directions if driving or riding along. This develops real-world problem-solving and safety awareness.



## PLANNING THEIR WEEKLY SCHEDULE

Encourage them to balance chores, homework, sports, and rest. This supports executive functioning skills like organization and time management.



## PREPARING FULL MEALS

Encourage your teen to plan, shop for, and cook simple meals. It strengthens decision-making, safety awareness, and independence in daily living.



## CARING FOR YOUNGER SIBLINGS OR FAMILY MEMBERS (WITH SUPERVISION)

Encourage them to assist with babysitting, helping with homework, or preparing snacks. It builds empathy, leadership, and caregiving responsibility.