

Home help checklist

1	Plan, cook and serve a simple one-course meal.						
2	Wash up afterwards. Show how to clean a saucepan or other cooking utensils, cutlery and glasses. You could use a dishwasher for this step, including loading and unloading it.						
3	Help sort out the washing. Load and unload the washing machine.						
4	Iron at least two items. They could be things like pillowcases, T-shirts or trousers.						
5	Sew on a button.						
6	Help to clean and tidy a living room.						
7	Clean at least two items in your home. They could be things like a basin or kitchen cupboard, silverware or brass.						
8	Take sheets, pillow covers and the duvet cover off a bed and help to put clean ones on. Make your own bed for a week.						
Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday