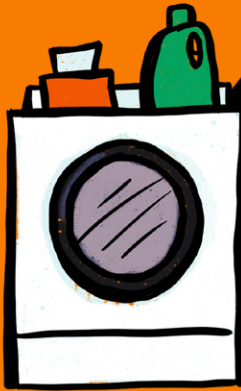


Building Social- Emotional Skills While Doing Chores



Self- Management

Model self-management skills by setting goals for the chores.

TRY:

Create a list of chores for the week, celebrate when chores are accomplished.

Self- Awareness

Connect the current task to larger goals.

TRY:

"Why do you think doing __ is an important chore?"



Social Awareness

Discuss how this specific chore helps the family or larger community.

TRY:

"How do you think the family would feel if we didn't do this chore?"



Responsible Decision-Making

Allow your Learner the opportunity to decide when chores are done.

TRY:

Think out-loud about how you will choose when to complete your chores, "I will get my chores done by __ because __."



Relationship Skills

Model relationship skills by encouraging your learner while they complete the chore.

TRY:

"I'm impressed with how well you did __."

