

Independent Living Program Activity Card

Category: DAILY LIVING

Activity: Cleaning & Chore Chart

Description: **The objective of this activity is to:** Help you better understand the importance of keeping a clean home and keeping a chore chart.

How do I get credit for this assignment?

- Match the cleaning tasks with the products you think would be used.
- Fill out chore chart by yourself or roommate to decide what chores should be done during the week, and how you would like to split the work.
- Email the completed work along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn up to \$20.00 ILP dollars for completing this assignment.

Total Dollars Earned:

\$

(ILP use only)

Notes:

Date: _____

_____ Youth Signature	_____ Date of Birth
_____ Print Name (Youth)	_____ Group Home (If Applicable)

Receipt
(ILP use only)

Why is cleaning important?

Keeping a clean home is more than just about keeping a clean looking place, it can also affect your wellbeing. Maintaining a clean-living space can reduce allergies caused by dust and dirt that accumulates in places like desks, bookshelves, and windows. It can also be a way of reducing stress that can be brought on by having an untidy house, coming home to a clean and organized house can help keep your mind at ease so you can focus on what really matters; family, schoolwork, alone time, or even cooking!

Why is it important to keep a chore chart?

A chore chart is a way of listing that helps one keep track, organize and plan house work. It is helpful to keep a chore chart to keep yourself accountable, make time for house chores weekly, and/or to track shared chores with a roommate.

CHORE CHART ACTIVITY Fill out chore chart by yourself or roommate to decide what chores should be done during the week, and what specific tasks you'd like to split if you are sharing responsibilities.

Chores	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kitchen -Dishes -Broom -Mop, etc.							
Bathroom -Toilet -Shower -Floors -Tub, etc.							
Living Room -Vacuum -Dust, etc.							
Bedroom -Laundry -Bedding -Vacuum, etc.							
Take out trash -Dump all trash cans inside the house							

How to properly clean:

Bathroom – Wearing gloves while cleaning your bathroom is recommended to protect your hands from harsh chemicals. Start by throwing out trash, spray cleaning products on toilet bowl, counters, mirrors, sink, and shower/tub. Scrub in circular motions over surfaces, and dry with a towel. Remember to use a disinfectant over surfaces, excluding the mirrors.

Kitchen – Cleaning your kitchen right after using it for cooking can reduce your time deep cleaning in the future. However, if you cannot clean as you cook, make sure you wash them within a day to avoid odors or insects. To freshen up your kitchen, clear dishes from the sink using dish soap and a sponge, towel dry dishes and put away. Go over all surfaces, cabinets, and countertops with all-purpose cleaner and a towel. Throw away your trash and recycle bins. Sweep and mop your floors.

Laundry – Gather your clothes in a laundry basket, sorting them by color (whites, darks, colors) and type (silk, wool, linen, lace, jeans). It is recommended that you hang sweaters and delicate items to dry. Start your washer by adding detergent, fabric softer, and clothes, then press start. Darks and colors can be washed with cold water, while whites should be washed with hot-warm water.

Bedroom/Living Room – Cleaning your bedroom should include washing your bedding at least once a week, dusting window sills, cleaning furniture surfaces, and organizing items that might be out of place. Lastly, light up a candle or oil diffuser to add a nice aroma to your room.

TO COMPLETE ACTIVITY - Match the task with the right supplies.

- | | |
|-------------------------------|---|
| 1. Bathroom toilet
_____ | A. Gentle cycle, detergent, cold water, air-dry |
| 2. Kitchen counters
_____ | B. Duster |
| 3. Living room floor
_____ | C. Toilet bowl brush, liquid bowl cleaner, gloves |
| 4. Bedroom carpet
_____ | D. Broom, mop, floor cleaner |
| 5. Dishes
_____ | E. Vacuum |
| 6. White laundry
_____ | F. All-purpose cleaner and towel |
| 7. Shower
_____ | G. Wood polish/cleaner, rag |
| 8. Wood furniture
_____ | H. Dish soap, cleaning sponge, towel |
| 9. Bookshelves
_____ | I. Bleach, detergent, hot water, dry low heat |
| 10. Delicate laundry
_____ | J. Bathroom grime cleaner, scrubbing brush |