CHORE BINGO

INTRODUCTION & INSTRUCTIONS

Hello Parents!

I created this tool for my family, and am thrilled to share it with you - it has been an absolute game-changer in our home, as I hope it will be in yours. Recommended for ages 5+

As a parent, I have experienced the challenge it is to teach my kids to clean up around the house. It can be hard to stay positive and patient while repeating instructions what seems like 100x! As parents, we can find ourselves doing it all to avoid the whining and confrontation, or resigning to clutter and chaos until it becomes too overwhelming and we express our resentment. Wherever you find yourself, this tool is meant to boost positivity and productivity in your home, through growing confidence and competence in kids!

The instructions are simple:

1. Take the blank Bingo sheet with you as you walk around your house, and fill 12/16 boxes with specific tasks. Examples: make bed, tidy lego, tidy shoes in entrance, put away books. Be mindful of including age-appropriate tasks, each child should have a few things they themselves can do, and a few tasks that everyone can do.
2. In the remaining 4 boxes, fill with positive-relational tasks. Examples: give everyone a high-five, dance to a fun song together, give parent a hug, tell parent one thing you're thankful for
3. Assign prizes for each 4-in-a-row - you're the adult, you get to decide what those are based on what your kids enjoy. Make it progress, letting the last prize be the best. Examples: one piece of candy/special snack, youtube brain break, fun activity together, screen time; be specific and set clear boundaries to avoid confusion/disappointment
4. Introduce the chore Bingo to your kids highlighting these points in a positive tone:
    a. As a family we want to work together to take care of our home and what's in it (toys)
    b. We are going to play a game of Bingo to clean our house today
        i. Show them the card, read the tasks and the prizes, let them pick a marker to cross off and begin!

Rules for Parents:

1. You also need to be cleaning up during this time! Kids will do what they see, not just what we say. Put some music on, make it a light and enjoyable atmosphere. Remember, you're working together!
2. Take this opportunity to PRAISE their PROCESS; 'wow, you're working really well together!', 'good work tidying the shoes!', 'it's looking really good in here!' and be available to answer their questions
3. Let it be good enough; meaning, be mindful of their efforts and try to not nit-pick the finer details that might get missed. This will vary based on age, but overall FOCUS ON BEING POSITIVE. The details will refine over time, and with practice and experience. Take this opportunity to encourage and build them up. Think long term!
4. Let them enjoy the prizes they earned once they completed the tasks. DO NOT add more than what you initially provided to them. This would be confusing, discouraging, and incite a felt sense of loss of control.

Kids do well with small, manageable steps, and positive reinforcement. (I think adults do well with those too!)
Everyone does well in peaceful, positive, environments. May this grow both in your home!

Feel free to visit my Instagram page @arisetherapywellness to DM any related questions, or to tag me in a photo of your family using the Chore Bingo. I'd love to hear how this helps your family!

CHORE BINGO

PRIZES
FOR 4 IN A ROW

1

2

3

4

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