

# THIS WEEK'S TOPIC IS AGE-APPROPRIATE RESPONSIBILITY



## Age-appropriate responsibility ideas.

| Ages 3 to 5                                                                                                                                                                                  | Ages 6 and 7                                                                                                                                                                                                                                                         | Ages 8 and 9                                                                                                                                                                                                                                                              | Ages 10 and 11                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Help adults with tidying up</p> <p>Laying the table for dinner</p> <p>Put dirty washing in the basket</p> <p>Put on their own shoes when everyone is getting ready to leave the house</p> | <p>Get them to follow their own morning routine - e.g. getting dressed, eating breakfast, brushing teeth</p> <p>Let them choose dinner once a week - it has to be nutritious for everyone</p> <p>Choose something to donate to charity once every school holiday</p> | <p>Unload the dishwasher or dry up washing up</p> <p>Create a 'looking after the family pet' chart for the child to follow</p> <p>Ensure children pack their own school bag - have a timetable so they know when they need PE kit etc and teach them how to follow it</p> | <p>Have a chore rota</p> <p>Use an app or set up a budget plan - give pocket money and some has to be saved etc</p> <p>Support time management by giving a set time for something to be completed by e.g. homework/chores</p> |

## What is meant by responsibility?

- Responsibility is the state of being accountable for our actions, obligations, or duties.
- Responsibility involves the recognition and acceptance of the consequences, both positive and negative, that result from our choices and behaviours.
- Being able to accept our responsibilities has been proven to support children in being more successful in their later lives.
- Modelling and talking about responsibility is an important way for children to learn as is giving children some responsibility in the home.

# The Responsible Behaviour Curriculum