## Task Cards for Token/Card System

These cards are to be used with the card and token systems explained at <a href="http://www.technomom.com/home/cards.shtml">http://www.technomom.com/home/cards.shtml</a> and <a href="http://www.technomom.com/home/token.shtml">http://www.technomom.com/home/token.shtml</a> .

I print them out on address labels, then put them on 3" x 5" index cards. Another option is to print them on card stock, then cut the individual cards apart. I prefer the labels and index cards because I use different colored cards to indicate how often each task is done.

Task: Cook's helper Task: Wash towels Value: 1 to 3 tokens Value: 2 tokens per load Frequency: Daily Frequency: Daily Details: Details: Thaw ingredients ahead of time if needed Wash as many loads of towels as need to be done on your assigned laundry Clear and set table for dinner day. Use warm water. Either prepare or help prepare meal Dry them and put them away neatly. Do not use a dryer sheet. Clean preparation materials as you go Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Take trash cans and recycling bins to street Task: Trash cans/recycling bins back from street Value: 2 tokens Frequency: Weekly (on Monday) Frequency: Weekly (on Tuesday) Details: Details: Take them and any boxes/bags that didn't fit in them to the street on Bring cans and bins back to their places as soon as the trash and recycling Monday night after 5pm and before 7pm. Makes sure there's no mess in the pick-up happens on Tuesday. They must be back in place by 7pm. area where the garbage cans were. Pick up any items in the yard around the cans/bins. Pay special attention to anything that might have accidentally fallen out of Extra tokens will be awarded if there is significant mess that has to be the recycling bins into the floor in the garage – pick them up and put them in picked up off the ground. the bins. If there are extra items to be taken to the street, extra tokens will be awarded accordingly. Make sure you pick up anything that falls out of the cans or bins. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Trash duty Task: Dishwasher duty Value: 1 for the day and 1 per bag or other trip to the trash cans Value: 1 for the day and 1 per load Frequency: Daily. First check before 10am. Frequency: Daily. First load started before 10am. Details: Check all trash cans, once in the morning and once in the evening or late Load and unload dishwasher as many times as needed. afternoon (before 7pm). Consolidate their contents into one bag and take it Make sure that "clean" dishes are truly clean before putting them away. Put away any dry items in the dish drainer. Empty any full trash cans as needed throughout the day. Kitchen trash MUST be taken out before bedtime whether it's full or not. If a trash can is dirty, wash it out. The kitchen trash can MUST be washed out weekly, preferably on Monday. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Vacuum upstairs public areas Task: Clean kitchen Value: 4 tokens (more if especially dirty) Value: 3 tokens Frequency: Daily (After dinner or before guests arrive on gaming nights) Frequency: Daily Details: Details: Put away leftover food. Thoroughly vacuum hall, living room, and office Load all dishes into D/W and run it. You must move everything that can be moved to vacuum properly. Scrub out any pots. Pay special attention to edges and corners. Wipe out microwave. Don't forget to use the hose to get the hearth. Clean all surfaces (table, counters, stove, microwave table, etc.) Put away the vacuum cleaner. Remove any smears/splashes from anything else. Put everything else back in place. Sweep floor. Mop if necessary (extra tokens if mopping is needed) Take any dirty towels/sponges to laundry room. Put all recyclables in recycling bin. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Dust living room and office Task: Vacuum furniture in living room/office Value: 4 tokens Value: 6 tokens Frequency: 4 times/week (Monday, Wednesday, Friday, Saturday) Frequency: Weekly (Saturday) Details: Details: Do AFTER vacuuming! Do AFTER floor is vacuumed. Move everything off surfaces that you can move. Remove all cushions. Remove any found objects (put them away, throw Dust thoroughly. Use Simple Green on any spots/spills you find. away trash, etc.) Don't forget windowsill in living room and tops of pictures. Also dust top of Vacuum cushions and all surfaces of couch, chair, loveseats, ottoman and pictures in the stairwell and the miniatures cabinet. desk chairs.

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Use lint roller to remove any hair from the lampshade.

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Task: Vacuum playroom

Value: 2 tokens

Frequency: 4 times/week (Monday/Wednesday/Friday/Saturday)

Use the carpet freshener - sprinkle it on (not too much!) and leave it for

about 15 minutes.

Move anything you can move.

Pay special attention to edges and corners.

Put away the vacuum cleaner.

Put everything else back in place.

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Task: Vacuum couch in playroom

Move everything you can move off surfaces.

dust the edges you can get to in front of the books.

Value: 2 tokens

Task: Dust playroom

Do AFTER vacuuming!

Value: 3 tokens

Details:

Frequency: Weekly (Saturday)

Details:

Do AFTER floor is vacuumed.

Remove all cushions. Remove any found objects (put them away, throw

Frequency: 4 times/week (Monday/Wednesday/Friday/Saturday)

Dust all surfaces thoroughly. Use Simple Green on any spots/spills you find.

Don't forget that bookshelves are surfaces. You don't have to remove the

books, but move any foreign objects (have their owner put them away) and

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away trash, etc.)

Vacuum cushions and all surfaces of couch.

Task: Vacuum stairs and sweep entryways

Value: 3 tokens

Frequency: 4 times/week (Monday/Wednesday/Friday/Saturday)

Details:

Remove doormats - beat them outside to get dust out of them.

Sweep entryways, paying special attention to edges.

Vacuum stairs. Replace doormats.

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Task: Check hall bath first time

Value: 1 tokens (plus 2 if toilet bowl is cleaned)

Frequency: Daily (before 10am)

Details: Wipe all surfaces and fixtures w/Clorox Wipes or Simple Green. Start with toothbrush holder and other mounted fixtures, go to faucet and handles, then the counter, then all toilet surfaces. One wipe should do it. Fill up soap dispenser if it's less than half full.

Make sure there's toilet paper on roll and plenty in the cabinet (at least two more rolls).

Make sure towel is fresh. Put any dirty towels in laundry room.

If toilet bowl is dirty, clean it.

Notify appropriate person if there's litter in floor or trash can is full.

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Task: Check hall bath second time

Value: 1 tokens (plus 2 if toilet bowl is cleaned)

Frequency: Daily (between 5 and 7pm)

Details: Wipe all surfaces and fixtures w/Clorox Wipes or Simple Green. Start with toothbrush holder and other mounted fixtures, go to faucet and handles, then the counter, then all toilet surfaces. One wipe should do it.

Fill up soap dispenser if it's less than half full.

Make sure there's toilet paper on roll and plenty in the cabinet (at least two more rolls).

Make sure towel is fresh. Put any dirty towels in laundry room.

If toilet bowl is dirty, clean it.

Notify appropriate person if there's litter in floor or trash can is full.

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Task: Check master bath first time

Value: 1 tokens (plus 2 if toilet bowl is cleaned)

Frequency: Daily (before 10am)

Details: Wipe all surfaces and fixtures w/Clorox Wipes or Simple Green. Start with toothbrush holder and other mounted fixtures, go to faucet and handles, then the counter, then the windowsill, then all toilet surfaces. One wipe should do it.

Fill up soap dispenser if it's less than half full.

Make sure there's toilet paper on roll and plenty in the cabinet (at least two more rolls).

Make sure towel is fresh. Put any dirty towels in laundry room.

If toilet bowl is dirty, clean it.

Notify appropriate person if the trash can is full.

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Task: Check master bath second time

Value: 1 tokens (plus 2 if toilet bowl is cleaned)

Frequency: Daily (between 5 and 7pm)

Details: Wipe all surfaces and fixtures w/Clorox Wipes or Simple Green. Start with toothbrush holder and other mounted fixtures, go to faucet and handles, then the counter, then the windowsill, then all toilet surfaces. One wipe should do it.

Fill up soap dispenser if it's less than half full.

Make sure there's toilet paper on roll and plenty in the cabinet (at least two more rolls).

Make sure towel is fresh. Put any dirty towels in laundry room.

If toilet bowl is dirty, clean it.

Notify appropriate person if the trash can is full.

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Task: Check basement bath first time

Value: 1 tokens (plus 2 if toilet bowl is cleaned)

Frequency: Daily (before 10am

Details: Wipe all surfaces and fixtures w/Clorox Wipes or Simple Green. Start with toothbrush holder and other mounted fixtures, go to faucet and handles, then the counter, then the shelves, then the windowsill, then all toilet surfaces. One wipe should do it.

Fill up soap dispenser if it's less than half full.

Make sure there's toilet paper on roll and plenty in the cabinet (at least two

Make sure towel is fresh. Put any dirty towels in laundry room.

If toilet bowl is dirty, clean it.

Notify appropriate person if the trash can is full.

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Task: Check basement bath second time

Value: 1 tokens (plus 2 if toilet bowl is cleaned)

Frequency: Daily (between 5 and 7pm)

**Details:** Wipe all surfaces and fixtures w/Clorox Wipes or Simple Green. Start with toothbrush holder and other mounted fixtures, go to faucet and handles, then the counter, then the shelves, then the windowsill, then all toilet surfaces. One wipe should do it.

Fill up soap dispenser if it's less than half full.

Make sure there's toilet paper on roll and plenty in the cabinet (at least two more rolls).

Make sure towel is fresh. Put any dirty towels in laundry room.

If toilet bowl is dirty, clean it.

Notify appropriate person if the trash can is full.

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Task: Clean master bath Task: Clean hall bath Value: 8 tokens Value: 8 tokens Frequency: Weekly (Saturday) Frequency: Weekly (Saturday) Details: Details: See instructions in the big notebook. See instructions in the big notebook. Don't forget to wipe down the blinds and windowsill Don't forget to dust the pictures hanging on the walls. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Sweep front porch & stairs Task: Clean basement bath Value: 1 tokens Value: 4 tokens Frequency: 3 times/week (Tuesday, Thursday, Saturday) Frequency: Weekly (Saturday) Details: Details: Move and beat out the doormat. See instructions in the big notebook. Sweep railings, then porch and stairs. Don't forget to wipe down the blinds and windowsill. Replace doormat. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Sweep top deck Task: Sweep bottom deck Value: 1 tokens Value: 2 tokens Frequency: 3 times/week (Tuesday/Thursday/Saturday) Frequency: 3 times/week (Tuesday/Thursday/Saturday) Details: Details: Move and beat the doormat. Must be done AFTER top deck! Sweep off the top of the table. Move and beat the doormat. Sweep the railings. Sweep the railings. Move anything you can to thoroughly sweep the entire deck. Move anything you can to thoroughly sweep the entire deck and the stairs. Replace doormat. Replace doormat. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Mop kitchen floor Task: Mop entryways and laundry room Value: 4 tokens Value: 2 tokens Frequency: Weekly (Saturday) Frequency: Weekly (Saturday) Details: Details: Move everything out of the way (dog dishes, pillow, etc.). Move everything. Sweep thoroughly. Sweep thoroughly. Don't forget to get under the table and chairs. Mop using Pine Sol diluted with water. Mop using Pine Sol diluted with water. Use a dirty bath towel to dry the floor. Use a dirty bath towel to dry the floor. Put everything back in place. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Dust and sweep laundry room Task: Cat duty Value: 2 tokens Value: 3 tokens for day Frequency: 3 times/week (Tuesday/Thursday/Saturday) Frequency: Daily - must get up to feed her by 7am or whenever she's hungry. Details: Clean all surfaces including top of water heater (carefully). Details: Dust using a rag. If there are spills or spots, use a damp rag or paper towels Feed, brush, clean up after and generally care for Shelley. and Simple Green. Make sure the fountain has plenty of water in it. Move everything out of the floor. Sweep after dusting. Put everything back in place. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved

Task: Bathe Zoë Task: Dog duty Value: 8 tokens for the FULL day. 4 for before/after school and 4 for during Value: 3 tokens Frequency: 2 times/ week (Monday/Thursday) school. Frequency: Daily – must get up to walk her by 7am. Details: Details: Thoroughly bathe, then brush Zoë. Feed, water, brush, clean up after, walk and generally care for Zoë. Clean out her crate. But in fresh bedding. Bathe her if that is scheduled. Wash the dirty bedding. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Catbox Changeout Task: Scoop catbox first time Value: 3 tokens Value: 1 tokens Frequency: Weekly (Saturday) Frequency: Daily (before breakfast) Details: Details: Throw out old litter and liner. Remove hood. Thoroughly scoop box, removing any solid waste or discolored crystals. Thoroughly clean box, hood and mat. Put in fresh liner and litter. Clean the scoop and put it away. Thoroughly sweep bathroom. If any litter is tracked into hall, vacuum it up. Clean any messes off hood, mat and outside of box. Replace hood. Thoroughly sweep bathroom. Vacuum any litter tracked into hall. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Dust kitchen shelves Task: Scoop catbox second time Value: 2 tokens Value: 1 toker Frequency: Daily (between 5pm and 7pm) Frequency: Every two weeks Details: Details: Remove hood. Must be done by someone who can safely reach the shelves using the Thoroughly scoop box, removing any solid waste or discolored crystals. stepladder. Clean the scoop and put it away. Move everything. Use Simple Green and paper towels to dust thoroughly. Clean any messes off hood, mat and outside of box. Replace hood. Thoroughly sweep bathroom. Vacuum any litter tracked into hall. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Clean outside of refrigerator Task: Clean out and vacuum cars Value: 2 tokens Value: 3 tokens per car Frequency: Every week Frequency: Every week Details: Details: Remove everything. Get everything out of the car that isn't supposed to stay in the car Use Simple Green to clean top, front and sides. permanently. Replace magnets. Throw away all trash. Ask Sam or Cyn about papers before replacing them. Take all cups, water bottles, etc. to the kitchen to be cleaned. If anything has been spilled on a car seat, clean it with upholstery cleaner. Vacuum EVERY surface of any kind inside the car very thoroughly, top to bottom. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Clean refrigerator and freezer Task: Wash cars Value: 5 tokens for Geo, 6 for Pontiac Value: 5 tokens Frequency: Every two weeks Frequency: Every two weeks Details: Includes cleaning windows inside and out and cleaning all hard surfaces Remove everything, take out shelves and drawers and wash them, check all with appropriate cleaner. expiration dates, rinse all sticky stuff. Replace everything neatly and accessibly. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved

Task: Cut grass Task: Edging yard Value: 15 tokens Value: 10 tokens Frequency: As needed? Frequency: As needed? Details: Details: Requires adult supervision Requires adult supervision Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Sweep drive and walk after grass is cut Task: Clean up yard Value: Depends on time and people involved. Value: 3 tokens Frequency: Weekly Frequency: As needed Details: Details: Use the big outside-only broom. Pick up and remove all large sticks, large rocks, trash and dog poop. Put away anything you find that isn't trash. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Clutter patrol Task: Clean fountain Value: 2 tokens for patrol, 1 per item reclaimed Value: 3 tokens Frequency: Weekly Frequency: Daily Details: Details: Requires adult supervision The clutter patrol person takes any kids' personal items left in public areas Take out all rocks, put them in a strainer and soak them in a sink full of hot (playroom, living room, kitchen, hall, office, bathrooms) and puts them in the bleach water. clutter box. The owner has to pay the clutter patrol person 1 token per item Run the bowl through the dishwasher or hand wash with very hot water. to reclaim them and must redeem them by bedtime or lose them. Carefully remove all slime from pump, hose, cord etc. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Straighten storage area Task: Straighten garage Value: Depends on work required and how many people help. Value: Depends on work required and people involved. Frequency: Weekly Frequency: Monthly Details: Details: Remove any trash. Make sure everything is neat, accessible, and stored so that nothing is being Sweep thoroughly. damaged. Straighten shelves and make sure things are where they belong. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Check and fill bird feeders Task: Menu planning/grocery helper Value: Depends on how proactive and prepared you are. Value: 1 tokens Frequency: Every two weeks Frequency: Daily Details: Details: Help Sam plan meals for a two-week period. Will need to refer to family If they need to be filled, get out the supplies and ask an adult for help. calendar from Outlook to coordinate activities with meals. If we're running out of seed or suet cakes, put them on the grocery list. Suggestions, recipes and coupons for things we buy regularly are strongly encouraged and rewarded. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved

Task: Wash out and refill bird bath Value: 1 tokens Frequency: Daily Details: Dump out the old water. Thoroughly wash and refill it. Place it on the table on the top deck.	Task: Water plants Value: 2 tokens Frequency: 3 times/week (Tuesday/Thursday/Saturday) Details: Do NOT water the aloe plant! Most plants are in kitchen. Check the soil. If it's dry, put the plant into the sink to spray/mist it. Two plants are big ones in living room. If their dirt is dry, they need to be taken to hall bath and misted/watered using shower. Let them sit for a while so they don't get water on the carpet.
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Task: Clean out cabinet in master bathroom Value: 3 tokens Frequency: Every two weeks Details: Take everything out. Clean up any spills. Replace items neatly and accessibly.	Task: Clean out cabinet in hall bathroom Value: 3 tokens Frequency: Every two weeks Details: Take everything out. Clean up any spills. Replace items neatly and accessibly.
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Task: Clean cabinet in basement bathroom Value: 3 tokens Frequency: Every two weeks Details: Take everything out. Clean up any spills. Replace items neatly and accessibly.	Task: Straighten bakeware cabinet in kitchen Value: 4 tokens Frequency: Every two weeks Details: Remove everything. Replace items neatly and accessibly.
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Task: Straighten plastics cabinet in kitchen	Task: Clean out cabinet under kitchen sink
Value: 4 tokens Frequency: Every two weeks	Value: 4 tokens Frequency: Every two weeks
Details: Remove everything. Replace items neatly and accessibly.	Details: Remove everything. Clean up any spills Replace items neatly and accessibly.
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Task: Ironing Value: 2 tokens per clothing item Frequency: 2 times/week Details: Usually an adult task. Iron Sam's work pants, dress shirts, and any other items that need it. Hang them neatly in the owner's closet.	Task: Straighten linen closet Value: 5 tokens Frequency: Monthly Details: Take everything out. Neatly fold and replace items, removing anything that doesn't belong. Bath towels go on the bottom shelf. Bathcloths and hand towels go on the second shelf. Bed linens are folded neatly and placed on the top shelf. Pillows go on the floor under the bottom shelf.
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Task: Move & mop under kitchen appliances & microwave stand Task: Clean windows/doors Value: 4 tokens per door, 1 per single window, 1 extra per ground floor Value: 8 tokens Frequency: Monthly window Details: Frequency: Monthly Usually an adult task Details: Carefully pull out appliances/furniture and sweep/mop/vacuum behind them. Thoroughly clean windows and sliding glass doors. Thoroughly clean the sides of the stove while it's out. Get both sides of doors and ground floor windows. Put appliances/furniture back in place. You will need a drop light to see properly. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Check all rooms for cobwebs Task: Clean all ceiling fan blades Value: 3 tokens Value: 2 tokens Frequency: Weekly Frequency: Weekly Details: Details: Walk through the house (including bedrooms!) checking all ceilings and Use Fannie to carefully clean the blades of the fans in the living room and walls for cobwebs. kitchen. Knock down any cobwebs using a broom. Do NOT pull hard or put any weight on the fan blades. If you spot one that's out of your reach, get an adult's help. DO NOT USE A BROOM OVER ANYONE'S ALTAR OR NEAR BREAKABLES. CONSULT AN ADULT. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Clean Carpets Task: Vacuum returns and vents in all rooms Value: 2 tokens Value: 10 tokens per room Frequency: Weekly Frequency: Monthly Details: Details: Adults must be involved. Every room has at least one vent and one return. Some have more. Find all of them and vacuum them, using the brush attachment on the vacuum Ahead of time, get EVERYTHING off the floor other than furniture. cleaner. If necessary, use Simple Green and paper towels to clean the Prepare furniture for easy moving (don't put stuff on it). returns in the living room (if that is necessary, token value is doubled). Move every piece of furniture and vacuum very thoroughly. Clean carpets. Replace furniture and items when carpets are dry. Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Task: Get trash out of the cars Task: Clean out fireplace Value: 1 token per car Value: 10 tokens Frequency: Daily Frequency: Monthly during cold weather Details: Details: Get all trash out of each car and throw it away. Usually an adult task Bring in any water bottles, cups, etc. to the kitchen. Get out all ashes and take them out of the house. Must be done when there has not been a fire for at least 12 hours! Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved Copyright © 2000-2005, Cynthia L. Armistead, All Rights Reserved