

## READING: FAMILY LIFE

*I. Put a tick for the household chores you usually do to help your family.*



*II. Read the text and choose the appropriate meaning for the bold words from the text.*

Children can learn a lot from doing household chores.

Doing chores helps children learn about what they need to do to care for themselves, a home and a family. They learn **skills** they can use in their adult lives, like preparing meals, cleaning, organizing and gardening.

Being involved in chores also gives children **experience** of relationship skills like communicating clearly, negotiating, cooperating and working as a team.

And when children contribute to family life, they might feel **competent** and responsible. Even if they don't enjoy the chore, when they keep going, they can feel **satisfied** that they've finished the task.

And sharing housework can also help families work better and reduce family **stress**. When children help out, chores get done sooner, and parents have less to do. This frees up time for the family to do fun things together.

(*“Household chores for children and teenagers”* by [raisingchildren.net.au](http://raisingchildren.net.au))

**1. skills**

the ability to do something well

practical understanding of a subject

**2. experience**

knowledge or skill from doing, seeing, or feeling things

taking part in an activity for pleasure

**3. competent**

connected with the law

able to do something well

**4. satisfied**

very surprising

very pleased

**5. stress**

a sudden, unexpected, and usually unpleasant event

great worry caused by a difficult situation

**III.** *Read the text again and decide whether these statements are True (T) or False (F)*

1. Children can learn important life skills from doing household chores.
2. Chores only teach children about cleaning and organizing.
3. Involvement in chores doesn't contribute to developing relationship skills in children.
4. Completing a chore might not give children a sense of satisfaction.
5. Helping with housework impact family dynamics and stress levels.