

Doing Chores Could Boost Kids' Brainpower

By NewsRoom Team

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Image: Children gardening.

Household chores may not be top of your list of fun things to do at home. But would it make you like them more to learn that doing them could boost your brainpower?

A recent study has found that children who joined in with tasks around the home showed improved academic performance. Not only that, they had improved problem-solving skills too.

What is problem solving?

- Problem solving is the act of working out what a problem is and fixing it.
- Whether the problems are big or small, expected or unexpected, it requires a person to work out what the problem is, what has caused the problem, choosing what actions to take and then taking them.

The study was done by a team at La Trobe University in Australia. It involved more than 200 parents and guardians of children aged 5-13 years. The adults were asked about the number of chores their child did each day and about their executive function.

Executive function is a term used to describe someone's ability to plan, stay on task, do different tasks at the same time and remember instructions.

Their results showed that children who regularly joined in with chores had better working memory and inhibition.

When it came to the chores, 70% of girls made their own beds compared to 50% of boys. However, 74% of boys put away the groceries compared to 63% of girls.

75% of girls put away their clothes while only 62% of boys did. Whereas, 66% of boys took out the bins and only 43% of girls did.

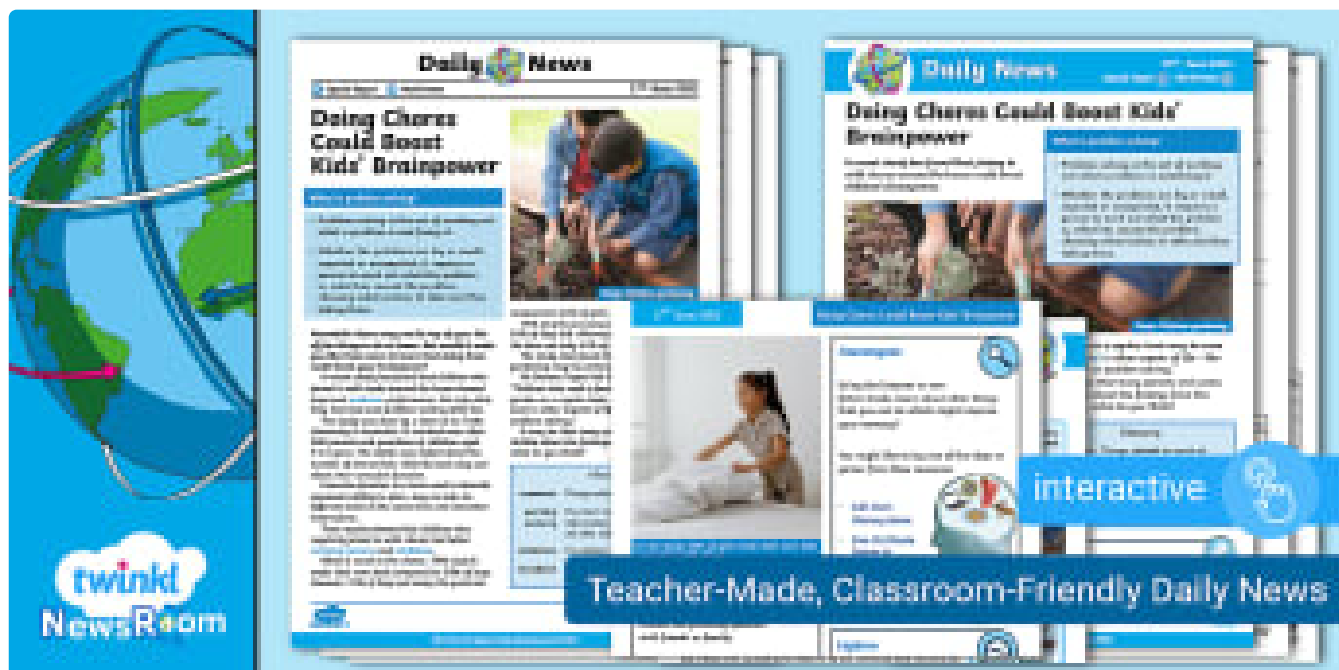
The study also found that cooking and gardening may be particularly beneficial.

Ms Deanna Tepper led the study. She said: "Children who cook a family meal or weed the garden on a regular basis may be more likely to excel in other aspects of life – like schoolwork or problem solving."

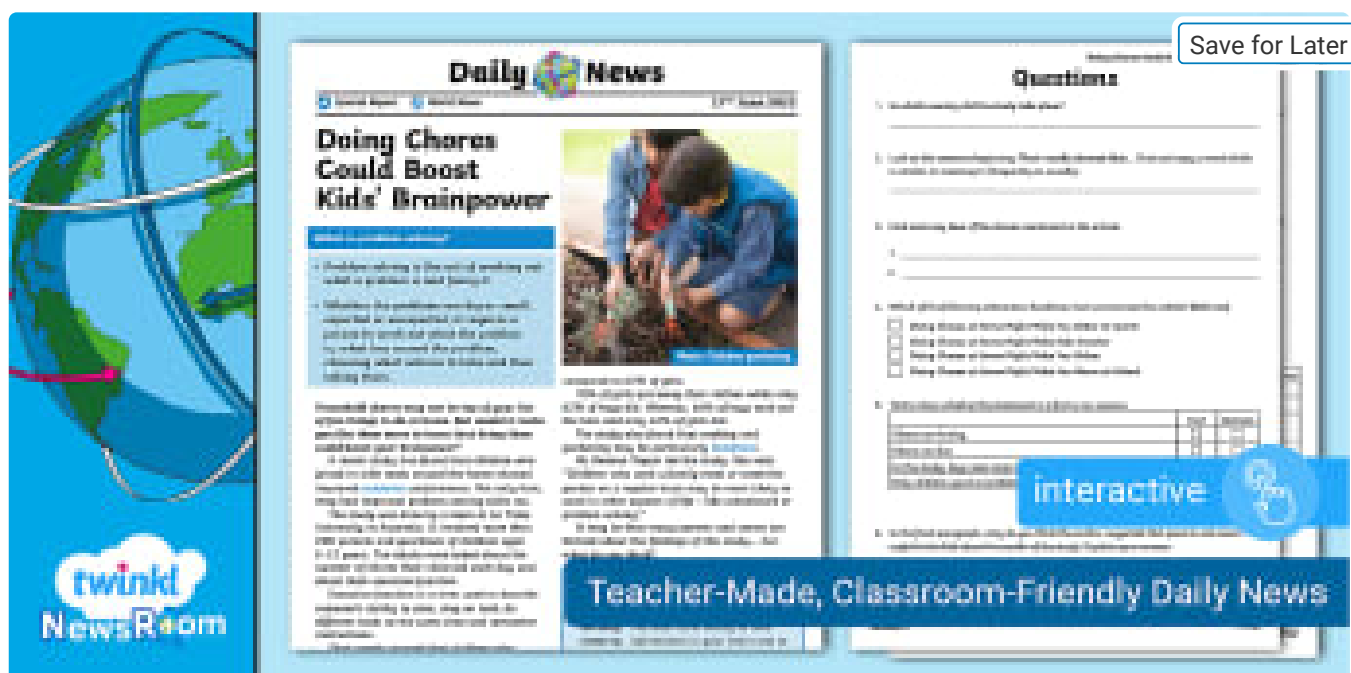
It may be that many parents and carers are thrilled about the findings of this study... but what do you think?

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Daily News Activities

Explore

If this story has inspired you to do more to help out around your home then why not check out some of these resources?

Help

They might inspire you as to what chores you could start doing or to help you record the ones that you already help out with.

Chores Resources

Write

Discuss the following question with friends or family.

Should children get paid for the chores they do at home?

Try to think critically, and see the argument from both sides.

There doesn't have to be a right answer so feel free to play with ideas and explore why you hold certain beliefs.

Write three short paragraphs in response. The first two explaining either side of the argument and the third being your conclusion.

Investigate

Using the Internet or non-fiction books, learn about other things that you can do which might improve your memory?

You might like to try one of the ideas or games from these resources:

- [Soft Start Memory Game](#)
- [Five 15-Minute Games to Develop Memory](#)

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