

## Lesson 4: Cleaning Up Like a Chef

### Learning Focus:

Cleaning routines aren't just chores — they're signals that the task is complete. This helps learners develop task closure, responsibility, and environmental awareness. According to Møretro et al. (2020), teaching tidy-up routines with visual reinforcement improves executive functioning and daily habit formation.

**Duration:** 10 minutes

**Group:** You + 1 Learner

### Materials Needed:

- Cloth, sponge, towel
- Labeled bins (e.g. “Spoon Here”)
- “Cleaning Checklist” visual: wipe, wash, put away



#### **caregiver tips**

*Celebrate every small act — wiping, rinsing, putting away. It's not just clean-up, it's independence practice.*



#### **watch out!**

*Avoid doing it all yourself. Give them the tools, show the move, and wait. Don't rush — this is their task to try.*

## What To Do

### ♦ Step 1: Wipe Surfaces (3 minutes)

Show the visual of table and sponge:

“Time to wipe!”

Hand them the sponge. Use big, exaggerated motions together.

### ♦ Step 2: Wash Tools (4 minutes)

Use a single spoon or bowl.

Show rinsing under water → Dry with towel together.

Option: use toy sink setup.

### ♦ Step 3: Put Away (3 minutes)

Point to bin with label:

“Spoon goes here.”

Let them place item in correct bin.

End with:

“You cleaned like a chef!”

**Communication Support:**

- Check items off a simple checklist
- End with stars, claps, a “thumbs-up” dance
- Keep the routine predictable — same order every time

**What They’re Learning:**

Goal	How You’ll See It
Participates in clean-up	Touches or uses cleaning tools
Puts away items	Places in correct labeled spot
Routine engagement	Completes 2+ steps of checklist

**Why It Matters:**

Cleaning isn’t just about sparkle, it teaches closure, responsibility and hygiene. By learning how to tidy after cooking, learners begin to see tasks as sequences and understand consequences of contamination (Møretrø et al., 2020).

**Final Note for You, Caregiver Extraordinaire:**

Every tap, every gesture, every small moment of connection matters. You’re not just teaching how to cook — you’re helping your learner build confidence, choice-making skills, and independence. You got this.

