

5 *fab ideas for getting your kids involved in cleaning & decluttering*



Spring cleaning is not just for grown-ups! It is an excellent activity for kids, teaching them life skills that will serve to create space, reduce stress and anxiety, and boost their overall mood.

Host a Garage Sale

Have your children pick out what they would like to sell. They can keep the proceeds for something special or donate to a cause of their choice.

Embrace "One In, One Out"

When a new item enters the house – new toy, new piece of clothing – another item retires or is donated.

Make it Routine

Before your kids participate in other activities they enjoy, require a "clean sweep" – a quick pick-up of the bedroom or toy room before starting their fun activity.

Turn Up the Volume

Create a special cleaning playlist with your kids. Turn the music up and dance your way to decluttering and a cleaner house.

Play the "Fast 15"

For a fast 15 minutes, everyone in the family goes to their assigned space and picks up – makes the bed, cleans tabletops, wipes down counters, removes towels from the bathroom floor, puts dirty clothes in laundry, etc. This can be a game or quick way to earn a reward, and is an easy way to get everyone involved in cleaning.