



# How to...



## DID YOU KNOW?

On average, people in the US spend a total of 2.5 days per year looking for misplaced items.

# Declutter your space

In a few simple steps, you can have your room organized.

Having a room with your belongings put away until you need them can make your space more enjoyable to be in. Spring is a time when people often deep-clean their homes, making now a good time to tidy up. If you share a bedroom with a sibling, perhaps you can sort through the clutter together. But just organizing your own area of the room can be rewarding. Here's how to get started.

### Consider the benefits

Think of decluttering as treating your belongings with respect. You want to enjoy the items you love without tripping over them or being unable to find them. Consider what you'll gain by tidying up. For example, rediscovering an old treasure you'd forgotten about would be exciting. Assess the areas where you could better store items, such as desk drawers, a closet, or plastic containers on a shelf. The goal is to have a dedicated space for everything so it will be easier to find items when you need them.



Use boxes to store similar items.

### Start small

You don't have to organize your room in one day. That could feel overwhelming. Instead, focus on one small area. This could be your nightstand where books have started to pile up. Or maybe it's a drawer that is stuffed with notebooks and photos. Once you've identified what to organize, start sorting what's there into three separate

piles: one for items you want to keep; another for items you want to donate; and one for things that need to be recycled or thrown away. You can return any "keep" items to the nightstand or shelf that belong there, or you may decide they belong somewhere else.

### Identify new organizing areas

After you've cleared out several spaces in your room, look through the "keep" items that still need to be organized. Use baskets, boxes, jars, or other containers to store similar items together. Aim to put the containers on shelves or in drawers near where you typically use them. For example, hair accessories could be in a basket by a mirror. A jar on your desk could store art supplies, pens, and pencils. If you'd like, you can decorate your containers to personalize them.

### Sort through the rest

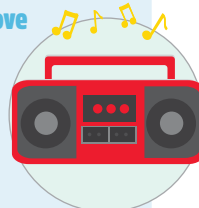
Ask an adult to help you go through your pile for donating and your pile for recycling and trash. They can help you decide how to dispose of them. For example, you may have a neighbor or family friend with a child who is younger than you who might like to have the clothes, books, and toys you've outgrown. Or find out if there is a local house of worship or charity where you can drop off your donations. Many communities also have social media groups people use to give away items.

## 4 creative ways to clean up

Tidying up may be a chore, but you can make it more enjoyable with these ideas.

### Play what you love

Listening to music (or a podcast or book) is a great way to keep yourself entertained while you get busy organizing. You can enjoy what's being played while completing your task.



### Set a timer

How long do you think it will take to clean out that drawer?



How about the bookcase? Make a guess and set a timer to see if you can beat your prediction.

### Make it a game

If you have siblings who are cleaning up with you, see who can complete certain fun tasks the fastest. For example, you can race to find out who can pick up all the blue toys in the room first.



### Have fun afterward

Check with an adult to see if you can do a favorite activity after you finish cleaning your space. You could go out for ice cream or have some of your friends over—and enjoy hanging out in your newly decluttered room.

