



CLEAN YOUR ROOM

one small step at a time

"Clean your room" is a goal. This checklist turns it into small actions you can see, start, and finish.

BEFORE YOU START

- Choose one box - not the whole page.
- Set a 5- or 10-minute timer.
- Ask for help if you get stuck.
- Stop when your agreed goal is done.

STUCK?

Make the next step smaller. Instead of "put clothes away," try "hang up one shirt."

A smaller step still counts.



YOUR ROOM RESET

Check one action at a time. Take a break when you need one.

CLEAR OUT

- ☐ **Trash**
Put wrappers, tissues, and garbage in a bag.
- ☐ **Dishes**
Take cups, plates, and bottles to the kitchen.
- ☐ **Dirty laundry**
Put dirty clothes and towels in the hamper.

MAKE SPACE

- ☐ **Make the bed**
Pull up the covers; place pillows at the top.
- ☐ **Clear the floor**
Put shoes together; move objects to a sorting spot.
- ☐ **Clear surfaces**
Make one pile from the desk, dresser, and nightstand.

PUT THINGS HOME

- ☐ **Clean clothes**
Fold, hang, or place them in the right drawer.
- ☐ **Books + schoolwork**
Put books on the shelf and papers in labeled folders.
- ☐ **Everyday items**
Return chargers, games, art supplies, and toiletries.
- ☐ **No home yet**
Place mystery items in one basket to decide on later.

FINISH

- ☐ **Quick floor clean**
Vacuum, sweep, or pick up the last small pieces.
- ☐ **Take items out**
Move the trash, dishes, and elsewhere basket.
- ☐ **Look around**
Compare with your finish line - or a photo of the agreed goal.

HOW WILL I KNOW I'M FINISHED?

Choose a finish line before you start: floor clear, dishes out, and dirty clothes in the hamper - not perfect.