

# FAMILY SPRING RESET CHECKLIST

## DECLUTTER YOUR HOME

- Sort kids' toys: Keep / Donate / Sell
- Go through kids' clothes: Keep / Donate / Sell
- Clear kitchen counters & common areas
- Organise family spaces: desks, wardrobe, shelves
- \_\_\_\_\_
- \_\_\_\_\_

## REFRESH KIDS' ROUTINES

- Adjust bedtime for longer days
- Plan healthy meals & snacks
- Schedule daily outdoor playtime
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- \_\_\_\_\_
- \_\_\_\_\_

## FUN FAMILY ACTIVITIES

- Plan one outdoor adventure this week
- Start a small garden or plant flowers
- Do a DIY home project together
- Have a family reset day (clean + fun activity)
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- \_\_\_\_\_

## REFRESH HOME SPACES

- Swap winter bedding for lighter sheets
- Open curtains & clean windows
- Organise wardrobe, bins, and storage
- Wipe down surfaces and do a light spring clean
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## MIND & MOOD RESET

- Parent self-care: 10 min meditation/journaling/walk
- Encourage kids' mindfulness: gratitude journal or breathing exercise
- Family talk: share spring goals or fun plans
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