

# 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
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 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)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## 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
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## REFRESH KIDS' ROUTINES

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

## 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
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_