

CALMER KIDS

FIVE MINUTES BETTER

Incidental time tasks

While they're watching Bluey, consider ticking off one of these tasks in your children's room.

Day	Five Minutes Better Task	Category	Check
1	Declutter damaged sporting equipment	Clear	<input type="checkbox"/>
2	Declutter broken toys, cars, dolls, lego and train sets	Clear	<input type="checkbox"/>
3	Declutter damaged books	Clear	<input type="checkbox"/>
4	Declutter board games or computer games they no longer play	Clear	<input type="checkbox"/>
5	Declutter incomplete puzzles	Clear	<input type="checkbox"/>
6	Declutter artwork and craft projects	Clear	<input type="checkbox"/>
7	Declutter underwear they've outgrown	Clear	<input type="checkbox"/>
8	Declutter t-shirts they've outgrown	Clear	<input type="checkbox"/>
9	Declutter jeans/pants/trousers they've outgrown	Clear	<input type="checkbox"/>
10	Declutter shirts they've outgrown	Clear	<input type="checkbox"/>
11	Declutter dresses and skirts they've outgrown	Clear	<input type="checkbox"/>
12	Declutter jumpers/sweaters/pullovers/hoodies/cardigans	Clear	<input type="checkbox"/>
13	Declutter bedside table top	Clear	<input type="checkbox"/>
14	Declutter bedside drawers	Clear	<input type="checkbox"/>
15	Declutter pyjamas	Clear	<input type="checkbox"/>
16	Declutter schoolbags	Clear	<input type="checkbox"/>
17	Declutter shoes and boots they've outgrown	Organise	<input type="checkbox"/>
18	Consolidate clothes	Organise	<input type="checkbox"/>
19	Consolidate shoes	Organise	<input type="checkbox"/>
20	Dust artworks and photos	Clean	<input type="checkbox"/>
21	Clean skirting boards and architraves	Clean	<input type="checkbox"/>
22	Vacuum rug, floor and/or carpet	Clean	<input type="checkbox"/>
23	Clean door handles and light switches	Clean	<input type="checkbox"/>
24	Dust shelves	Clean	<input type="checkbox"/>
25	Dust bookcase	Clean	<input type="checkbox"/>
26	Dust, trim and water any plants in the room	Clean	<input type="checkbox"/>
27	Dust lampshades and lightshades	Clean	<input type="checkbox"/>
28	Dust bedside table	Clean	<input type="checkbox"/>
29	Dust chest of drawers	Clean	<input type="checkbox"/>
30	Dust decor	Clean	<input type="checkbox"/>
31	Celebrate	Yay!	<input type="checkbox"/>