

# GAMES

## FREEZE CLEAN

A take on the popular game "freeze dance", this gets your kids movin' and groovin' while cleanin' and pickin' up! Choose a room, play some music and instruct them to pick up toys while dancing. When the music stops, so do they!

## HOUSEHOLD JENGA

Write chores on Jenga blocks with a sharpie. \*See chores by age sheet. Whichever blocks your kids successfully pull without tipping the tower, they must complete that chore. Once the tower tips the cleaning begins!

## CHUNK THE JUNK

Make this a game show! While cleaning out their rooms, have the kids separate "junk" they no longer use into three piles: clothes, toys, and other. Come back together and announce points per item in a game show voice!

## BULLSEYE SWEEP

This is a great game for the "littles". Make a square with frog tape on your kitchen floor. Give your little a kid-sized broom and dust pan. Have them sweep mess into the bulls eye square. Make it a contest and see who can collect the most mess!

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## KID-FRIENDLY WAYS TO SPRING CLEAN



# 5

## SPRING CLEANING TIPS

1

### SET A DATE

Just as you would schedule a regular checkup with your doctor, schedule an appointment with your home to begin organizing. Put it on the family calendar and make it visible! Then start the countdown to clean time!

2

### PREP STEP-BY-STEP

These steps can help make the time run smoothly:

- Assign rooms: assign each kid a room or pair up.
- Walk the house and brainstorm ways to maximize space.
- Start grouping similar items together. Work from left to right in the room.

3

### MAKE IT A GAME

Tidying up doesn't have to be a struggle with your kids. Make it fun from a young age, while teaching them the importance of keeping a clean home. When you participate as a family the work will get done faster and time will fly because you are having fun!

4

### MAKE IT A MITZVAH

Teach your kids the value of giving to those less fortunate. With the items from the Chunk the Junk game, take your kids to donate what they sorted. Some charities we like are: Jewish Family Services, Genesis Women's Shelter and the Vogel Alcove.

5

### CLEANUP. CLEANUP. EVERYBODY, EVERYWHERE!

With all the clutter in its proper place it's time to CLEAN! Use a game or give your kids their own cleaning kit. For safer cleaning products try this all-purpose cleaner: 3 drops each of lemon oil and tea tree oil mixed with warm water.

## CHORES BY AGE

### AGES 2-3

- Put toys in toy box
- Stack books on shelf
- Place dirty clothes in hamper
- Throw trash away
- Set the table
- Dust with sock bunny

### AGES 6-7

- Empty dishwasher
- Match clean socks
- Make a salad for dinner
- Fold towels
- Rake leaves
- Replace toilet paper roll

### AGES 10-11

- Clean bathrooms
- Vacuum carpets/rugs
- Prepare simple meal
- Bring in mail
- Sweep out garage
- Clean countertops

### AGES 4-5

- Feed pets
- Make the bed
- Water houseplants
- Prepare simple snacks
- Use hand-held vacuum
- Clear kitchen table

### AGES 8-9

- Load dishwasher
- Hang/fold clean clothes
- Put groceries away
- Walk dogs
- Wipe off table
- Scramble eggs

### AGES 12 AND UP

- Mop floors
- Wash/vacuum car
- Cook complete dinner
- Wash windows
- Iron clothes
- Help younger siblings clean



For the kids who like to watch mommy or daddy clean, make them their very own toddler size cleaning kit. Complete with a spray bottle (water and lavender essential oil), rags, small dust pan and sweeper, sponge, and sock dust bunny!