

RANGERS

Tidy space, tidy mind

What you'll need:

- A space to tidy/sort out
- Rubbish sacks
- Pen (optional)
- Sticky notes (optional)
- Cleaning supplies (optional)
- Gloves (optional)
- Organisational items (optional)

Note to leader

This is a great opportunity to organise any spaces that need it. Check for allergies or sensitivities and follow safety guidance before using cleaning products. You could find some items to help the girls organise the space. These could be new or reimagined items – for example, an empty jam jar could be used as a pencil pot.

Aim of activity

Everyone's cupboards hold worlds of not-so-wonderful wonders, from mystery chargers to dried-out pens. Let's create more space in your life.

They say a tidy and organised space helps you have an organised mind. So let's put that theory to the test and declutter and feng shui our spaces.

- 1 Choose what you're going to sort out. This could be something in your unit

meeting space, like a cupboard bursting at the seams, or the junk box in your bedroom.

- 2 Before you begin sorting out, think about how you're going to do it. Put the items you want to organise on the floor, then sort them into four piles: keep, donate, upcycle and throw away/recycle.

Keep – for anything you want to keep, whether this is because it's useful or has a good memory attached to it.

Donate – for things you don't want but could give away, like clothing or books.

Upcycle – for anything you could bring back to life. For example, maybe you have some plain paper bags that could be transformed into personalised gift bags for your next party.

Throw away/recycle – for everything else. You want as little as possible to end up here. Make sure to recycle everything you can.

- 3 Ready? Get sorting!

- 4 Once everything's been sorted, it's time to put it all back. You don't want to have it all unorganised again, so it's time to innovate! How can you make this the best organised space? Keep going until everything is put away or in piles to be donated or recycled.



Skills For
My Future



45 minutes



Jump
straight in

Take it further

Look up styles of feng shui (a Chinese system of balancing your living space) or tidying influencers and figure out how to best organise your space to boost your wellness.

Try it this way

Try reusing old items. Could a sweet box become a personalised unit badge box? You could make it a competition and see who can come up with the best upcycling storage project!



TOP TIP

Sorting can sometimes be a little boring... So why not make it fun? Blast some tunes or see who can sort through their items the quickest.