



# My Teen's Bedroom Cleaning Checklist

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If you've got anything else to add, feel free to use the blank segments below 😊

## Clear the Clutter

- Dirty laundry (Especially old socks!)
- Old documents, scratch paper, school materials
- Food waste or wrappers
- Utensils, glassware, plates
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## Change the Bedsheets

- Strip down used bedsheets, comforters, and pillowcases
- Dust them off (BEFORE sweeping the floor)
- Replace with clean bed coverings
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## Wipe Dust from Other Surfaces

- Tables, desks, chairs, mirrors, picture frames (+ other furniture)
- Bookshelves, wardrobes, cabinets, planters
- Lighting units, air conditioners/heaters, humidifiers
- Televisions, gaming consoles, computers (+ other entertainment units)
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## Clean the Floors

- Sweep or vacuum away dust and other debris
- Mop it down (Or use a damp cloth to wipe it down)
- Optional: Wax the floor (Depending on the surface material)
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## Other Tasks

- Air out the room (at least once a week)

- Generously apply disinfectant or room freshener (Twice a month, preferably more often)
- Keep your phone muted (Or leave it somewhere else entirely!)
- Play a podcast to keep you focused on your workload
- Treat Yourself – cleaning bedrooms is exhausting work!
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