

# Mission: Sanctuary — Mastering the Art of the Room Reset

## Materials Needed

- Three large boxes or bags (Labeled: **Donate**, **Relocate**, and **Trash**)
- All-purpose surface cleaner and a microfiber cloth
- Vacuum, broom, or mop (depending on flooring)
- A timer (phone or kitchen timer)
- A "Hype Playlist" or a favorite podcast
- Laundry basket
- Success Checklist (provided in the lesson)

## Learning Objectives

By the end of this lesson, Wyatt will be able to:

- Explain the "Top-to-Bottom" and "Clockwise" cleaning strategies.
- Apply the 4-Box Method to declutter a personal space efficiently.
- Execute a systematic deep-clean of a bedroom within a set timeframe.
- Develop a sustainable 5-minute daily maintenance habit.

## 1. Introduction: The Psychology of the "Reset" (The Hook)

**The Scenario:** Think of your bedroom like a computer's operating system. When you have fifty tabs open, a full hard drive, and haven't updated the software in months, everything starts to lag. A messy room is "visual noise"—it actually raises stress hormones and makes it harder to focus or sleep.

**The Goal:** We aren't just "cleaning" because a parent said so; we are *optimizing your headquarters*. Today, we turn this space from a storage unit into a sanctuary where you actually want to hang out.

## 2. Body: The Professional Strategy (I Do, We Do, You Do)

### Phase I: The Strategy (I Do)

Before moving a single sock, we establish the "Pro Laws of Cleaning":

- **The Gravity Rule (Top-to-Bottom):** Always start with high surfaces (shelves, ceiling fans) and work down to the floor. Why? Because dust falls. If you vacuum first and then dust your desk, you've just wasted your time.
- **The Clockwise Rule:** Pick a starting point at the door and move around the room in one direction. This prevents "ping-ponging" (running back and forth) and ensures no corner is missed.
- **The 4-Box Method:** Every item out of place goes into one of four categories: Keep (Stays in the room), Relocate (Belongs in the kitchen/living room), Donate (Good condition but no longer used), or Trash.

## Phase II: The Sorting Simulation (We Do)

Let's practice the decision-making process on one "Hot Spot" (like a desk or bedside table):

- **Step 1:** Clear the surface entirely.
- **Step 2:** Evaluate each item. Ask: "Have I used this in the last 6 months?" and "Does this help me or just take up space?"
- **Step 3:** Sort the items into the four boxes together.
- **Step 4:** Wipe the surface down while it's empty.

## Phase III: The Power Hour Challenge (You Do)

Now, Wyatt takes the lead. Set a timer for 45–60 minutes. This is a sprint, not a marathon.

1. **Set the Vibe:** Put on the playlist/podcast. High energy is key.
2. **The Trash/Laundry Sweep:** Rapid-fire pick up all literal trash and all dirty clothes. Clear the floor first to gain "territory."
3. **The Clockwise Sort:** Using the 4-Box Method, move around the room. Don't worry about deep cleaning yet; just get items into their proper boxes.
4. **Surface Clean:** Use the "Top-to-Bottom" rule. Dust the high spots, then wipe desks and tables.
5. **The Floor Finale:** Vacuum or mop your way out of the room.

## 3. Conclusion: The 5-Minute Daily Reset

**Recap:** We learned that systematic cleaning (Top-to-Bottom, Clockwise) saves time and that decluttering is a mental "software update."

**The Sustainability Plan:** To prevent having to do a "Power Hour" every week, we implement the **5-Minute Reset**. Every night before bed (or before gaming), set a timer for 5 minutes. Put away 5 items and clear your desk. If you do this, the room never reaches "critical mass" again.

## Success Criteria & Assessment

**Formative Assessment (During the lesson):** Wyatt can explain why we dust the desk before vacuuming the floor.

**Summative Assessment (The Result):**

- **Level 1 (The Basics):** Floor is clear, trash is gone, and bed is made.
- **Level 2 (The Pro):** Surfaces are wiped down, and the "Relocate" box has been emptied into the proper rooms.
- **Level 3 (The Master):** The "Donate" bag is in the car/by the door, and Wyatt has identified one "optimization" (e.g., a better way to organize charging cables or books).

## Differentiation & Adaptations

- **For the Overwhelmed Learner:** Break the room into "Zones" (The Bed, The Desk, The Closet). Complete one zone per day rather than a Power Hour.
- **For the Advanced/Kinesthetic Learner:** Introduce "The Hanger Hack"—turn all clothes hangers

backward. When you wear an item, turn the hanger forward. In six months, any hanger still backward is an automatic "Donate."

- **Digital Adaptation:** Use a tablet to take a "Before" photo and use a markup tool to draw red circles around the areas that need the most focus. Compare with an "After" photo for instant dopamine reward.