

15-Minute Tidy Timer Card

Set a timer, work the list, stop when it goes off. Cut out and laminate.

Print two per household, laminate them, and keep one in the kitchen and one upstairs.

15-Minute Kitchen Tidy

Set a timer. Stop when it goes off, finished or not.

0-3 Dishes into the dishwasher or sink

3-6 Clear and wipe every worktop

6-9 Wipe the hob and the table

9-12 Sweep the floor

12-15 Bin out, fresh cloth, done

15-Minute Living room Tidy

Set a timer. Stop when it goes off, finished or not.

0-3 Everything foreign into one basket

3-6 Cushions, blankets, remotes

6-9 Cups and plates to the kitchen

9-12 Quick dust of the main surfaces

12-15 Vacuum the middle of the floor

15-Minute Bathroom Tidy

Set a timer. Stop when it goes off, finished or not.

0-3 Everything off the surfaces

3-6 Toilet

6-9 Sink, taps, mirror

9-12 Shower or bath quick pass

12-15 Floor, bin, fresh towel