



Tidy Up Visual Guide for Children

This guide gently explores the moments that help children ease into tidy-up time — how soft setups, sensory tools, and short bursts of sorting can support invisible needs with steady hands, calm focus, and small sparks of pride.

With soft colours, friendly icons, and clear language, each panel supports emotional regulation, sensory safety, and the gentle rhythm of noticing, choosing, and finishing.

If tidying sometimes feels busy, uncertain, or a little overwhelming, this guide is here to make things feel more manageable — **one calm panel at a time.**

Questions You Might Have

How do I know when it's time to tidy?

Your body and brain give clues — feeling cluttered, distracted, restless, or ready for a reset. These signals help you choose a gentle starting point that feels right for you.

Why are short bursts and breaks helpful?

Tidying for a few minutes, then pausing to stretch, breathe, or check in with your body, helps your brain stay steady. Breaks keep tidying from feeling too big or overwhelming.

Do I have to follow every step?

No. These steps are gentle supports, not rules. You can choose what works for your body, your energy, and your day.

What's Inside Tidy Up Time



A sensory-safe guide to gentle, supported steps for tidy up time.

Noticing Your Body



Notice your body's clues to choose a calm, gentle place to start tidying.

Getting Set Up



A simple plan makes tidying easier — begin with one small, gentle area.

Gentle Tidying & Mini Breaks



Tidy in short bursts with pauses, breaks help your body & brain stay steady.

Comfort & Support Tools



Comfort tools help you stay settled — choose what helps your body feel safe.

Finishing & Feeling Proud



Finishing tidying can feel lighter and calmer — pause and notice your effort.