

Ways to Enjoy the Sunshine

Even When There's Housework To Do

..... Ordinary & Happy

S T A I V E M E N T G

- Give yourself consistent outdoor breaks between chores.
- Involve the whole family and reward everyone with outdoor fun time.
- Make a lighter lunch or dinner you can eat outside on the patio.
- Power clean instead of deep clean to get through cleaning quicker.
- Make food you can leave unattended for periods of time, like crockpot or slow-cooker recipes, so you can go outside.
- Be kind to yourself; some chores can wait.

S U N G S E H T I N E

- Air out rugs in the backyard.
- Open all windows and doors to let in fresh air and sunshine.
- Clean and tidy the side of the house that is facing the sun and then switch.
- Fold clothes by an open window.
- Open all curtains and dust window sills.
- Vacuum in sunny patches first.
- Iron clothes in a sunny indoor spot.
- Open the kitchen windows when doing the dishes.

O U T D O O R S

- Water your outdoor plants.
- Sweep the porch, deck, or driveway.
- Wash the car by hand.
- Use the weather as an opportunity to clean the outside of the house, like the front door.
- Declutter, organize, and sort items on the patio or balcony.
- Prioritize gardening or tending to plants in the sunny hours.

H O O U S T E S W I O D R E K

- Organize shoes outside.
- Take indoor plants outside to water them, then bring them back inside.
- Try to do any organization, mail, or sorting tasks outside on garden furniture.
- Use the warm weather as an opportunity to dry more clothes and do the more challenging laundry like bedsheets.
- Fold laundry or iron clothes by an open patio door.