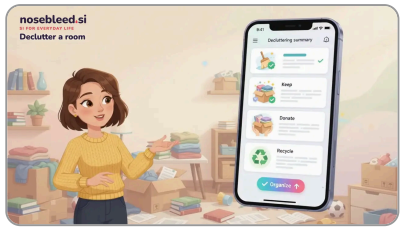
Declutter a room

Use AI to make a gentle plan in small steps, with keep, donate and recycle piles, so a room becomes calm and tidy.



By the end, you'll be able to:

- break a big job into small steps
- use AI to make a plan that suits you
- make kind decisions about precious things

Warm-up Which room needs it most?

Talk about it with your group. The spare room? The loft? A cupboard nobody opens? What makes it hard to start?

1 Sort it out

Here's what Brenda found in one drawer. Tick a pile for each.

	Keep	Donate	Recycle	Not sure
Old phone chargers for phones she no longer has				
Her mum's handwritten recipe cards				
Takeaway menus from 2015				
A good torch that works				
Three spare sets of keys, no idea what for				
Unopened bath gifts				

2 Ask AI for a plan

If you have a device, try this prompt, or describe a room of your own.

TRY THIS PROMPT

Please help me declutter my spare bedroom. It's full of boxes, old clothes, books and paperwork. I can only manage about 20 minutes at a time, and some things belong to my late husband. Please make me a gentle plan for two weeks, in small steps, with keep, donate and recycle piles.

3 Check the plan

An AI plan said this. Which **two** parts don't suit Brenda?

EXAMPLE AI PLAN

Day 1: Clear the whole room in one go. Get rid of anything you haven't used in a year, including old photos and letters.

4 Where can it go?

Write where you could take things in your area.

	Where?
Clothes and books	
Old electricals and chargers	
Paperwork with personal details	
Furniture	

Which drawer, shelf or cupboard could you start with this week?

5 Good habits

- Small steps: one drawer, one shelf, one box.
- Take your time with precious things. Photograph items before letting them go.
- Shred papers with names, addresses or account numbers.

> **No device?** In pairs, plan a 20-minute declutter of one drawer or shelf at home. What will you do with each pile?

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/declutter-a-room**

Teacher notes: Declutter a room

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Brenda is made up. Decluttering can be emotional, especially after a bereavement or a move, so keep the tone gentle and practical.

Running order

5 min	**Warm-up.** Rooms that need it.
10 min	**Part 1.** Sort Brenda's drawer.
15 min	**Parts 2 and 3.** Try the prompt, then check the plan.
15 min	**Part 4.** Where things can go locally.
5 min	**Wrap-up.** Small steps, kind decisions.

Answers: Part 1

There's no single right answer. A likely sort: chargers and menus, recycle (chargers at an electricals recycling point); recipe cards and torch, keep; bath gifts, donate; keys, "not sure" until she checks them.

Answers: Part 3

1. The whole room in one go: she can only manage 20 minutes at a time.
2. Getting rid of old photos and letters: precious things need time and care, and the "one year" rule doesn't suit them.

Answers: Part 4

Charity shops; council recycling centres (many take electricals); shredding at home or a shredding service; furniture charities, some of which collect.

Discussion points

- AI plans can be too ambitious. Tell it what you can really manage.
- Ask AI to remind you why you're doing it: a calm room, space for visitors.

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