# Sensory Regulation & Overwhelm Reset Worksheet for Busy

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## LAUNDRY

- [ ] Empty bins
- [ ] Fold laundry
- [ ] Wipe benches
- [ ] Declutter one drawer
- [ ] Water plants
- [ ] Load dishwasher
- [ ] Mop kitchen
- [ ] Vacuum floors

## OUTDOOR

- [ ] Clean microwave
- [ ] Descale kettle
- [ ] Sweep porch
- [ ] Wash bath mats
- [ ] Empty bins
- [ ] Wipe fridge
- [ ] Water plants
- [ ] Wipe benches

## OFFICE

- [ ] Scrub shower
- [ ] Wash windows
- [ ] Clean microwave
- [ ] Wipe skirting
- [ ] Declutter one drawer
- [ ] Dust shelves
- [ ] Clean oven
- [ ] Descale kettle

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| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Living Room | | | | | | | |
| Bathroom | | | | | | | |
| Kitchen | | | | | | | |
| Kids' Room | | | | | | | |
| Office | | | | | | | |

## Supplies to buy

## Monthly deep clean

## Donate pile

## Fix-it list