

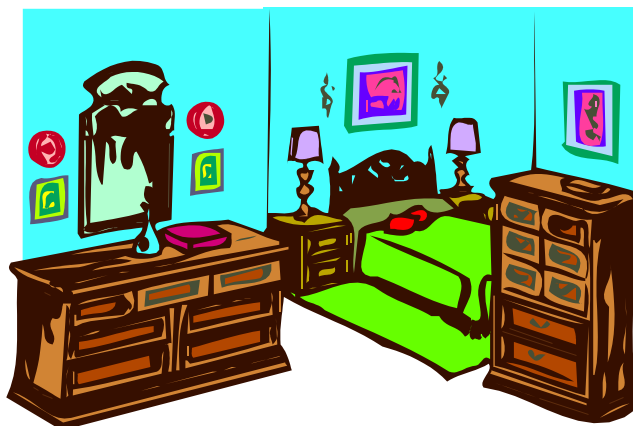


4-H Healthy Living Project Activity Guide

Stash Your Stuff

Home Improvement

Planning and organizing a space is like working a puzzle. It challenges your imagination and your originality. The first place to start improving your home environment is your own room or the area where you sleep and keep your belongings. Is it neat and orderly? Can you find things when you need them? You will be able to find things when they are in the proper place. And you'll be proud to invite your friends to your room when it's clean!



Fun, Easy,
Do-It-Yourself
Projects!



Project Inspiration

Don't throw out your old, unwanted stuff yet! With some creativity, you can find new uses for common household items, or you can purchase low-cost items that can be repurposed into storage solutions for your space. Unscramble the storage aids:

1. eappr wetlo ollr _____
2. itcreup fmrea _____
3. int nsca _____
4. glssa arjs _____
5. cei ebcu syrat _____
6. eaksbst _____



Show Us What You Made!

Every time you see the camera icon, take a photo of your finished project for your records! You also can upload and share your project photos to Instagram using **#la4hproject**.

Level:
Two or Three



Life skills:
Self-motivation
Self-esteem
Stress management
Problem solving
Wise use of resources
Planning and organizing
Goal setting

Goal:
Wisely using resources to effectively reduce clutter and stash your stuff.

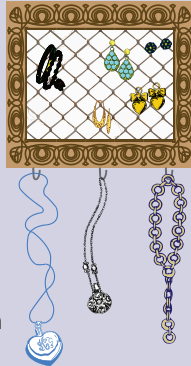
Authors:
2014 Louisiana 4-H Curriculum Design Team

Funky Frame for Jewels

Frustrated with how to organize your jewelry? Why not make your own jewelry organizer! Transform an ordinary picture frame into a DIY jewelry organizer using easy-to-find materials and supplies.

What you need:

- Wooden picture frame
- Acrylic paint
- Paintbrush
- Wire cutters
- Staple gun
- Chicken wire, approximately 1 inch openings
- Cup hooks or finishing nails
- S hooks (not required, but these may need to hang certain earrings and necklaces.



1. Paint frame desired color and let dry.
2. Lay chicken wire on top of picture frame and cut the amount you will need to cover frame.
3. Using the staple gun, staple wire along the back of the picture frame.
4. Screw your cup hooks or finishing nails into the bottom of the picture frame so you can hang necklaces and longer items. (Use wire for other jewelry.)



Making the Grade: Organizing Your Desk

Going back to school might make your brain feel like a mess, but that doesn't mean your room should look like one. Being disorganized can be a roadblock to success. On the flip side, being organized can help you "make the grade."

Get Rid of Stuff You Don't Need. Old papers and scraps, half-used notebooks, pencils without erasers, mechanical pencils without lead and random things you kept for some reason or another all clutter up your space and are pretty easy to get rid of!

Keep What You Do Need at Your Desk. Your desk is your workstation, also known as your command center for school. Folders, desk organizers and hanging files keep important items from getting lost and make them easy to reach. Personalize your space by using colorful or patterned folders. This is an opportunity to add to your room theme.

Have a System. Keep your life organized as much as possible with a calendar. It can be electronic and live on your computer, phone or online or it can be a dry-erase board or store printed calendar. Write down everything — assignments and tests, practices, games, after-school activities and appointments. Every day, when you get home from school, note new important items on your calendar.

Make a system that is easy to follow and stick to it!

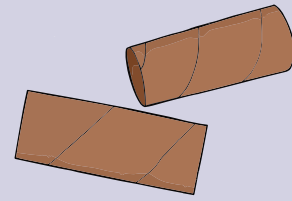
Always ask for
an adult to help
with dangerous tools
or toxic materials,
even for a few
minutes.

Professional Organizers

Did you know being a professional organizer was a career? There are approximately 4,000 professional organizers dedicated to helping businesses and individuals bring order and efficiency to their lives. Professional organizers come from a variety of backgrounds and professions. Some dedicate time working with specific populations such as those with attention deficit disorder, the chronically disorganized, children, seniors or students.



Roll It Up



You've probably tossed out hundreds of paper towel rolls in your lifetime. But did you know old paper towel rolls can help you get organized.

- Use old paper towel tubes to organize your cords. Somewhere in your house, you probably have a cabinet or drawer full of used cable, telephone wires or other cords that are all tangled together. Simply roll up the cord, squeeze it together and insert it into the tube.
- Cut paper towel rolls in half and place in a box. Place pencils, pens and markers in the tubes to organize writing utensils.

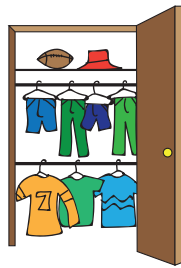


Timely Tips

How do you plan storage for things you keep in your room?

List the personal belongings that are hardest for you to keep in order. Plan a better way to store them. Carry out the plan you made by making or buying inexpensive storage devices, adding hooks or shelves, covering boxes, etc.

Closet Crashers



Getting Ready

We all spend part of our time dressing ourselves so we will be acceptable to those with whom we interact.

We very often find ourselves having to dress in a hurry. Have you ever spent most of your time searching for that perfect top or trying to locate the "other" shoe? Try these ideas before spending money on expensive storage aids:

Decorative Wall Plaque

You will need:

- Scrap piece of wood approximately 15 by 5 inches
- Paint
- Drill
- Three decorative cabinet knobs
- Phillips screwdriver

Paint piece of wood the desired color and allow ample time to dry. With the help of an adult, drill three holes in the board approximately 3 inches apart. Using screwdriver, attach knobs to the piece of wood. You now have your own decorative wall plaque to hang items on.

Other Hanging Ideas

- Purchase notebook rings and attach to clothes hanger. Then use the rings to thread scarves through.
- Using S hooks and chain, you can create your own hanger to display your hats.



Checklist for Storage Space

- ☐ Articles are stored nearest the place where you use them.
- ☐ Each article is easy to see and reach.
- ☐ Only articles that are alike are stacked or stored in front of each other.
- ☐ Space fits size and shape of articles stored.
- ☐ Space is flexible and can be changed to add new articles.
- ☐ Arrangement is attractive and orderly.
- ☐ Useless or outgrown articles are removed from prime storage space.
- ☐ Arrangement is easy to clean and protects articles from dust.
- ☐ Storage unit is well made — neat, sturdy and smooth.

Upcycle Those Canisters

Use those tin cans or canisters you would normally toss away! It's a great way to recycle and be green — not to mention a free way to organize just about anything.

1. Gather tin cans or canisters in assorted sizes. This can include tuna cans; soup, fruit and vegetable cans; and coffee and chip canisters, just to name a few.
2. Get creative! Decide whether you want to use contact paper, fabric or paint to cover your container(s). Don't go out and purchase anything! Check around your house and use what you have! Old buttons, broaches or decorative trim can make it look great.
3. After covering the can or canister, you can use it separately in a desk drawer or on top of a dresser or you can glue a cluster together to create a cohesive look.



Protect your hands when working with tin cans. The sharp edges can be dangerous!



Timely Tips

Have all the materials you need in one place. Arrange all your supplies near you in a semicircle for a safe and efficient work space.

Budget Storage

Organizing does not have to be expensive. In fact, the act of organizing is totally free!

Nothing is more rewarding than taking time to sort through your belongings and donating unused or unwanted items to charity. You could find that organizing both saves money and helps you “find money” in the process! Here are some dollar store items that can be used for organizing as well as their original purposes:

- **Over-the-Door Pocket Shoe Organizer** — Use to store grooming supplies, school supplies or small electronics .
- **Ice Cube Tray** — Organize small office supplies such as paper clips, push pins or small binder clips.
- **Mason Jars** — Store cotton balls, cotton swabs, toothpaste, toothbrushes or art supplies.
- **Adhesive Magnetic Strips** — Attach inside of cabinet door to hold items such as scissors or to hold small hair accessories .
- **Baking Sheets** — Mount on a wall, cover with contact paper and use as a magnetic message center.
- **Baskets** — Attach square baskets to the wall for extra storage.
- **Dish Drying Rack** — Use to organize printer paper, construction paper, pens and pencils or other art supplies.

Are You Ready?

Being prepared goes hand in hand with being organized, so it's fitting that you extend your skills by helping others, such as your family and those in your community.

Being prepared for an emergency isn't just about staying safe during a disaster. It's about how to stay comfortable, clean, fed and healthy afterwards—when a storm or disaster may have knocked out electricity.

It is important for families to work together to build an emergency kit before an emergency strikes. Visit <http://www.ready.gov/kids/make-a-plan> for information on making your family communication plan and building your emergency preparedness kit.



Don't hurry!
Make sure you have
adequate time to
do a project before
starting it!



Timely Tips

Well-planned storage space should be well used. Make a habit of putting things back in their appointed places.

ANSWERS to Project Inspiration: Paper Towel Roll, Picture Frame, Tin Cans, Glass Jars, Ice Cube Trays, Baskets



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William B. Richardson, LSU Vice President for Agriculture
Louisiana State University Agricultural Center
Louisiana Agricultural Experiment Station
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 Better Homes and Garden: www.bhg.com; Be a Smart Operator, LSU AgCenter Extension Service: Senior Home Management Workbook, P. 1375
 Wake Up Your Room, LSU AgCenter Extension Service: Furnishing to Suit, Home Improvement, P. 1477



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