



KonMari for Kids

Exclusive Guide for Families to
Tidy Up the Home this Fall

*Brought to you by eBay and
organizational guru Marie Kondo*

eBay

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READY, SET, GO!

Back to School season is a perfect time to organize the home for a busy school year ahead. The KonMari Method is to tidy all at once, in the right order. Always start with clothes, then books, followed by documents, then miscellaneous (e.g., kitchen) and finally, sentimental items. Most families tidy room by room, but if you do this, you will spend the rest of your life tidying.

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KEEP ONLY WHAT SPARKS JOY.

One of my most important principles is to not choose what to get rid of, only what to keep. Only keep items which spark joy in you. Some people can feel joy in their hearts, other people just feel a little bit of warmth about an item. Keep these items confidently and display them in your home, regardless of what anyone else says. If something truly sparks joy, you will not agonize over whether to keep it.



SAY THANK YOU, THEN GOODBYE.

Never decide to keep something because it "might come in handy." An item may be good, useful, and even beautiful, however if it only seems like it should make you happy, but it really doesn't, then it's time to thank it and say goodbye. That's right, say "thank you" to the item you're going to sell. It will help you feel better about the decision you've made, and it will help you feel more gratitude towards the stuff you keep. Try it, it works!

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DISCARD, THEN ORGANIZE.

When tidying, many people will worry, “Where am I going to keep this?” I encourage you to first finish discarding. This is one of the most important rules of the KonMari Method — if you start to think about where to store items before you have completely finished throwing stuff away, you won’t get very far.

Once you begin your tidying marathon, don’t pause, don’t stop and don’t quit. A good way to stay motivated is to imagine or keep a photograph of the kind of space you want to live in, it will completely change how you feel about tidying up.

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TIDY IN YOUR OWN SPACE.

Back to School season is a great time to tidy with the whole family. When tidying, each family member should have their own defined area to help keep things from spilling over into anyone else’s personal space. The process will take some time and some messiness is really quite common. But the more items you decide to get rid of, the less time it will take for you to de-clutter once you have made all your choices. I promise!

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TIDYING BEGINS WITH YOU.

You should focus on tidying up your own things first. Once you have completely finished, you can assist your children or spouse to tidy their clothes. But, be sure to leave the work of choosing what to keep up to them. If family members are reluctant to throw things away, let them see how much you enjoy your new tidy space, this can motivate them to start discarding – tidying is naturally contagious.

Most kids as young as three can choose what brings them joy. When tidying with children, it is very important for parents to let them decide for themselves what sparks joy and what does not.

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FIRST UP...CLOTHES!

Your tidying campaign should start with clothes. With the kids going back to school, this is a great opportunity to make room in their closets. Each person should gather every item of clothing they own, from every corner of the house, and pile them all in their designated spot. Then, it's time for the 'joy check.' Hold each item in your hands and choose the ones that spark joy. Ask yourself, "Would I be happy to see you again next season?" or, "If the weather suddenly changed, would I want to wear you *right now?*"

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MUST HAVES VS. NICE-TO-HAVES.

As you go through your clothes, you'll find some nice stuff. "Hmm, I have good taste", you might think. But have you really ever worn that nice sweater? How about that designer purse that you only used once? If you haven't used it more, there's a reason. Get rid of it and enjoy more of the stuff you do use. Since clothing, handbags and shoes are some of the bestsellers on eBay, you may choose to sell some of the fashion items that aren't bringing you joy.



NEXT UP, SHOES!

Now that you've finished all your clothes, your skills are ready for the challenge of shoes. Gather your shoes from every corner of the house, and line them up on newspapers spread across the floor. If you group them according to type, such as sandals, sneakers, boots and dress shoes, it will make it easy for you to decide what to sell. Pick up each pair to see if it sparks joy.

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OUT WITH OLD GADGETS.

There aren't many certainties in life but here's one: that laptop you loved only a few years ago is already outdated. And, maybe that old calculator and tablet, too. But some people really love that 'vintage' stuff. So out with the old and get your fingers ready for the new.



KEEP WITH CONFIDENCE!

Recreational items come in all sizes and uses, from golf clubs, tennis racquets to snowboards. You should keep with confidence any of these items that bring you joy, even if you don't use them frequently, or, if it's just the sight of them that makes you happy. I suggest putting these items where they can be seen. After all, seeing them might make you use them more often.

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SPARKING KITCHEN JOY.

Here's something you need to know: tidying your kitchen first is a sure way to fail. Tidying is a skill, and until you train yourself with clothes and other items, you aren't ready to work on the kitchen. Kitchen appliances are like toys; they're irresistible and fun, but there will come a day when they no longer bring us joy. If an item has completed its role in our life, then it's time to thank it and let somebody else whip up the perfect soufflé or protein shake!

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PASS ON THE SENTIMENT.

Many families have antiques that could be valuable to them, and which might have been given to them by relatives. The happiness was experienced as the relatives gave you the gift. Say, "thank you" to these items for what they have meant to you and your family. The real waste is in keeping these beautiful and valuable items when they could be appreciated much more by someone else.

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FROM MY FAMILY TO YOURS.

What about those classic comic books or sports memorabilia on that forgotten shelf in the closet? You've probably spent more time feeling guilty for ignoring them than you have enjoying them. Now is your chance to thank them for the years they've been with you, box them up and let another family enjoy them.



WHAT TO KEEP?

There are only two choices in the end: do you or do you not keep an item? It's a personal decision that only you can make. But if an item no longer brings you joy, it might bring someone else joy. There are many options if you decide the item is not quite right for you to keep: you can sell it with eBay Valet – eBay's professional selling service, donate the item to charity, or pass it along to a friend or family member who might benefit from and cherish the item.

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Illustrations by Jackie M. Graham

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