Give your bedroom a makeover

Have a go at updating your personal space with these easy tips and tricks.

Bedrooms are not just for sleeping – they can also be where you go to do your homework, hang out with your friends and relax. For lots of people, it's their favourite place to be, so you want to make it a nice place to spend time in. However, as you get older you can outgrow the theme of your room or maybe just get a bit bored with it. If that's how you feel, why not think about giving your bedroom a refresh?

Whether you want to do a full makeover or just update your room, there are lots of tips and tricks you can try – but get permission from a parent or guardian first.

REST BREAK
Most people spend around a third of their lifetimes asleep.







Have a clear-out

Before you start your makeover, have a look around and see if there's anything you don't really need any more. Old toys, clothes that don't fit or even lamps or art you no longer like can all be donated to charity shops and clothes banks. You could even give some of your old things away to any younger children you know. Once your room is clearer, it'll be easier to decide on the changes you want to make.

Get inspiration

Think about what you use your room for. You need a cosy place to sleep, of course, but do you want an area for doing homework? A cosy book nook? Somewhere to listen to music? With an adult, look in books, magazines and online for cool ideas, colour schemes or themes that you think would work for your room. Try making a mood board – cut out pictures of looks you like and stick them on a piece of card.





Make it personal

Add a personal touch to your room with pictures of friends, family or pets as well as artwork. You could create your own piece of art for your room or even ask a friend to paint you a picture to hang up. Don't forget to display some of your favourite things, like your Lego builds or favourite action figures, on shelves or the windowsill. Make sure to include a book shelf with all of your favourite reads on it too.

Simple tricks

There are little things you can do to your room that can make a big difference. Think about lighting – hanging fairy lights around the room or adding a lamp can help to make the space feel cosier. You can also add new colours and textures to your bedroom through blankets, pillows and cushions on your bed. If you're feeling brave, ask an adult to paint one wall in your room for a bright pop of new colour.



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