HOW TO SWEEP THE FLOOR

1. Clear the floor of clutter like shoes and coats. (Why is your mom’s coat on the floor anyway?)

2. Shut your pets in a different room, even if they think they want to help.

3. Hold the broom comfortably and sweep slowly in one direction at a time, from the corners of the room toward the center. Pull the broom so that it sweeps gently across the floor, creating piles as you sweep.

4. Use a dustpan and broom (or a little hand broom, if you’ve got one) to sweep up the piles and escort them to the trash.
How to Make Spaghetti

1. Fill a big pot about 2/3 full with cold water.

2. Put it on the stove, cover it, and turn the heat to high to bring the water to a boil. When the water is boiling you’ll see big, bursting bubbles.

3. Add a handful of salt. An actual handful!

4. Put the spaghetti (or other pasta) into the water, and use tongs or a wooden spoon to stir it around so that it doesn’t all clump together.
How To Load The Dishwasher

1. Scrape the leftover food off the dishes into the trash or compost. To make sure your dishes get all-the-way clean, rinse them too. (This is especially important if your dishwasher was made during the Pleistocene Era.)

2. Load large and heavy things, like dinner plates and casseroles, on the bottom rack. Give everything plenty of room. Plates fit in the slots and may need to lean a bit. Anything that can be filled (such as bowls or pots) should be loaded with the open side down so they don’t fill with water.
How To Take Care Of A Pet

Okay, we can't really teach you how exactly to care for your gecko or cockatiel or cocker spaniel, but there are some basic ways to approach caring for a pet that are helpful.

Feed me crickets! Feed me seeds! Feed me steak!

*Love them. That's easy — you and your pet will both get so much out of the relationship.*
How to Help Someone (Including Yourself) Fall Asleep

Lots of people – including little kids, big kids, older folks, and fretful folks – have a hard time falling asleep. There are many strategies to try. Feel free to mix and match as much as you like!

A sleepy mugful.
Warm milk actually contains a neurochemical called tryptophan, and although the science isn't clear on whether or not this actually helps you fall asleep, creating an association between sleep and a comforting mug of warm, nourishing milk definitely can.

Chamomile tea may also scientifically help or psychologically help. Either way it's good.