Create a cozy room
Give your space a winter refresh with these simple steps.

If you find yourself already wishing for spring when there are still several weeks of winter left, one way you can feel more energized is to practice “hygge.” Pronounced “hue-guh,” this idea originated in Denmark, a country that has very cold winters. It is when people take purposeful steps to feel cozy and content and to appreciate the small things in life. You can follow the main principles of hygge to spruce up your bedroom so it’s a more relaxing place to spend time. Here are some ideas for getting started.

Get rid of clutter
Before you start adding cozy elements to your space, take a look around to see what you could pack away to use at a later time or give away to someone who could use it. Ask a parent for two boxes: one for stuff you want to store in a closet and another for items you want to donate. Once your room is tidy, you may find that you already feel more peaceful.

Think about light
In winter, there are fewer hours of sunlight to enjoy, because the sun rises later and sets earlier than it does during other times of the year. That’s why a significant part of practicing hygge is to add soft lights to your space. One simple way to do this is to keep a small lamp on when you’re in your room. A lamp delivers softer light than an overhead ceiling light. You could also hang up a string of fairy lights above your bed or in another area of your room. Or ask an adult if your family has any battery-operated candles you could use as decor.

Consider your colors
According to hygge, the colors in your surroundings can make a difference in how you feel. To feel cozier, try adding warmer colors, such as golden yellow or peachy orange. These soft and slightly muted colors can make a space seem smaller and cozier compared to cool colors like mint green and icy blue.

Add layers
Many Danish homes are decorated with pillows and blankets to add a comfy feel. Ask a parent if there are extra blankets, throw pillows, or small rugs you could use in your room. You could make a pile of them in a corner for a special reading spot. Or add them to your bed and desk chair. Not only will items like blankets make your room look inviting, they will also make you feel warmer when you cuddle up in them.

5 indoor activities to try at home
If you’re inside more these days, here are some fun ways to pass the time.

Try an indoor picnic
Spread a blanket on the floor of your house, set up pillows to sit on, and enjoy lunch with your family.

Camp out inside
With your family or a friend, make a tent using blankets and furniture in your bedroom, roll out sleeping bags, and tell ghost stories.

Do a puzzle
Research has shown that completing jigsaw puzzles can reduce stress and boost your problem-solving skills.

Have a PJs day
If you’re home for a snow day, why not stay in your pajamas all day? Read books, snuggle under blankets, and eat breakfast for dinner!

Bake something new to you
Tasting a new recipe is a nice way to spend a day at home. You won’t be rushed when following the directions, and then you’ll get to taste the sweet results.