

Cleanliness



What Is Cleanliness?

Cleanliness means washing often, keeping your body clean, and wearing clean clothes. Cleanliness in your mind is concentrating your thoughts on things that are good for you. You can “clean up your act” by deciding to change when you have done something you aren’t proud of or have made a mistake. Staying clean also means keeping your body free of harmful drugs.

Why Practice It?

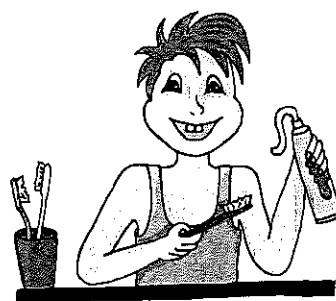
Keeping yourself clean makes you nice to be around. Cleanliness protects you from disease. Washing your hands before you eat and after you go to the bathroom keeps away germs that cause disease. When a room is clean and orderly, your mind feels clean and uncluttered too. A clean mind keeps you feeling peaceful.



How Do You Practice It?

Cleanliness is washing often and brushing your teeth. It is putting things away after you use them and keeping things in order. If you make a mistake, clean it up. Make amends and then act differently. Avoid looking at, listening to, or eating things that harm you. Only put into your body and your mind things that make you healthy.

The Virtues Project



What would Cleanliness look like If...

- You haven’t been able to find your shoes for three days because your room is so messy?
- You notice that unwelcome thoughts are sticking in your mind?
- It is time for bed and you’re so sleepy you don’t feel like brushing your teeth?
- Your desk at school is cluttered with papers.
- Someone offers you drugs.
- You broke a promise to a friend.

Signs of Success

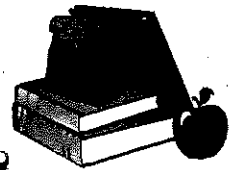
Congratulations! You are practicing Cleanliness when you...

- Keep your body fresh and clean
- Put things away after you use them
- Do your share to keep your home neat and clean
- Put only healthful things in your body
- Use clean language
- Clean up your mistakes

Affirmation

I keep myself fresh and clean. I put my things and my life in order. I am willing and able to clean up my mistakes.

Activities with Cleanliness



Activities with Cleanliness

- "Clean Up Your Act"
 - Name a mistake you have made that you regret. How did you feel afterwards? How did it affect others?
 - Describe how you could have cleaned up the mistake? What could you have said or done to make amends?
- Choose a school or neighborhood area and clean it up.
- Study pollution in your local community or elsewhere in the world. Define ways this can be changed or cleaned up.
- Talk about physical health and hygiene.



Virtues Reflection Questions

- What does it feel like to be in a messy room?
- How does it affect your mind? Your sense of well-being?
- How does it feel to be in a clean, orderly room? What effect does this have on your ability to think clearly?
- Brainstorm what to do and say when another student or an adult is selling drugs.



Drawing Cleanliness

Draw a picture of a child or animal that has become dirty. Draw a second picture showing the figure clean and neat again.
Draw three ways you keep your body clean.



Poster Points

- Clean body. Clean thoughts. Clean slate.
- I clean up my mistakes.
- Drug Free Zone.
- Garbage in, garbage out.
- The earth is our home. Let's keep it clean!



Quotable Quotes

"Our eyes may see some uncleanness, but let not our mind see things that are not clean. Our ears may hear some uncleanness, but let not our mind hear things that are not clean."
Shinto saying

"Clean and sober." 12-Step Program

"Bid them wash their faces and keep their teeth clean." Shakespeare (Antony & Cleopatra)

"Let me remember that there is nothing more soothing than the sound of running water, even if it is only in my bathtub."
Anne Wilson Schaefer

"Live pure, speak true, right wrong..."
Tennyson