



Cleanliness: Getting Started

Inspiring Words

Children are even as a branch that is fresh and green; they will grow up in whatever way ye train them. Take the utmost care to give them high ideals and goals, so that once they come of age, they will cast their beams like brilliant candles on the world, and will not be defiled by lusts and passions in the way of animals, heedless and unaware, but instead will set their hearts on achieving everlasting honour and acquiring all the excellences of humankind.

(Abdu'l-Baha, Selections from the Writings, p. 135)

Printables

Page 1: Spiritual Treasure Box Projects
Page 2: Devotional
Page 3: Booklet
Page 4: Radiant Hearts Book Template
Page 5: Monthly Letter Template
Page 6: Daily Activity #15
Page 7: Daily Activity #19

See the "Printable" document for these pages.

Questions to Consider

How do I currently model Cleanliness?

What are ways I would like to model Cleanliness better?

How does my child currently exhibit Cleanliness?

What aspects of showing Cleanliness can I help my child work on?



Cleanliness: Foundation

Prayer

He is God! O God, my God.
Bestow upon me a pure heart
like unto a pearl.

(Abdu'l-Baha, Baha'i Prayers, p. 29)

Cleanliness

Quotation

Be ye the very essence of cleanliness
amongst mankind.

(Baha'u'llah, The Kitab-i-Aqdas, p. 46)

Cleanliness

Introduction to the Virtue

Cleanliness means keeping yourself and the space around you clean. When you are clean you clean your body often. You also put only clean things into your body, by eating and drinking healthy foods and drinks. You put things away after you use them, and clean up regularly to make sure the space around you is neat and tidy. Practicing cleanliness also means having a clean mind. This means thinking clean, happy thoughts.

How do you show Cleanliness at home?

How do you feel when you are clean?

What would happen if we didn't practice Cleanliness?

Cleanliness

Songs

Cleanliness

(Virtues In Us #20)

This is the way we wash our face,
wash our face, wash our face.
This is the way we wash our face
because we want to be clean.
This is the way we wash our hands,
wash our hands, wash our hands.
This is the way we wash our hands
because we want to be clean.

Cleanliness

Cleanliness Song

(Jennifer Russell,
The Virtues Songs CD)

I'm a clean kid.
I keep my life in order.
I'm a clean kid.
I wash my face everyday.
I'm a clean kid.
I do my share to keep our house in
order.
I'm a clean kid, from Sunday to
Saturday!

Cleanliness

Cleanliness: Daily Activities

Activities for Every Month

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

Games and Role Plays

7. "Today we're going to play Super Fast Cleaner." Choose three objects from various places in the house, and count "one, two, three, go!" for your child to race and put them away. Then have your child choose three items for you to put away. Increase the distance your child has to go as you continue to play. Cleanliness
8. "Today we're going to do the Hokey Pokey to practice cleaning our bodies." Watch the Hokey Pokey on the Online Lesson, replacing "You shake it all about" with "You clean it all about." You may wish to do this in the bath or shower. Cleanliness
9. "Today we're going to practice washing fruits and vegetables." Pick some fruits or vegetables your child can help wash and prepare for snack or a meal. Talk about why it's important to wash them well so that only food goes into our bodies. If you have fruits, vegetables or herbs in your own garden, use these. Cleanliness
10. "Today we're going to make muddy hands so we can practice washing something very dirty." Go outside and find some dirt for your child to play in (add water for extra messiness). Then go inside to wash (or use a bucket outside) while singing the song "Look at my hands" available on the Online Lesson. Cleanliness
11. "Today we're going to show how when we polish our hearts, we can reflect God's light." Smear a bit of shaving cream, yogurt, or even mud on a mirror, and give your child a wet cloth to wipe it. Read the second quotation in the Devotional, found in the Printables, and talk about how cleaning our hearts is like cleaning the mirror. When we only have clean thoughts, the mirror of our heart is clean and can better reflect the attributes of God. Cleanliness
12. "Today we're going to count all the dishes our family uses so we find out how many have to be cleaned every day." Get a small piece of paper and a pen to keep in the kitchen all day. After each snack or meal, write down the number of dishes used before washing them (or loading them into the dishwasher). At the end of the day, add up the numbers. Talk about how it's important to conserve the number of dishes used so that unnecessary ones don't have to be cleaned! Use this activity as an opportunity to thank the main dishwasher(s) in the house for all their hard work keeping clean dishes available for the family to use. Cleanliness

Cleanliness: Daily Activities (continued)

Creative Arts

<p>13. "Today we're going to do a messy project and then clean up very well afterwards." Do some messy art with your child (like finger painting, gluing, or stamping) and then have your child help you with cleaning up including washing hands with soap, wiping the table, and putting the supplies away. There are many steps to clean! Cleanliness</p>
<p>14. "Today we're going to make a mobile of good clean happy thoughts." Cut out some hearts and have your child tell you happy thoughts to write on the hearts. Attach the hearts to strings in order to hang on a hanger or a stick (alternatively attach the hearts in a doorway). Discuss how having pure thoughts keeps our hearts clean, and that we want our heads to be full of nice thoughts so it stays pure. When we fill our minds with pure thoughts, there is no room for others to come in. Cleanliness</p>
<p>15. "Today we're going to complete a picture of a tidy room." Cut out the objects on page 6 of the Printables and have your child glue them in the correct place in the room (teddy on bed, books on shelf, clothes in closet, blocks in box). Explain how we keep things in a specific place so we can find them easily. Cleanliness</p>
<p>16. "Today we're going to draw a picture of five (or ten) objects you can help keep clean." Have your child list objects they can help keep clean depending on their age, and then draw pictures of each of them. Some ideas: their hands, their face, high chair, bed, drawers, bookshelf, toy basket, shoes, bathtub, car seat. Cleanliness</p>
<p>17. "Today we're going to clean up our garden (or a nearby park)." Get a bag to collect trash in, and pick up rubbish in your garden (or nearby park). You may also wish to organize the outside of your home. Talk about how a clean place is welcoming to people, so you want your home's entry way to be nice and clean. Cleanliness</p>
<p>18. "Today we're going to make something out of recyclables so our family produces less trash." Explain to your child that everything we throw away goes to a recycling center or a tip/dump. We should avoid buying unnecessary items, use things for as long as possible, and reuse what we can to reduce waste and keep the earth clean. Ideas: decorate a cardboard box to make a house or a container to keep drawing utensils, or use toilet paper tubes to make binoculars or a telescope. Cleanliness</p>
<p>19. "Today we're going to make a collage of items that help us keep our bodies clean." Cut out the objects on page 7 of the Printables and have your child glue them on a paper you title "Things that help me stay clean." Draw or paste a picture of your child in the middle. Talk about unclean habits if necessary (picking noses, biting nails, avoiding washing hands) and discuss how these are not cleanly. Cleanliness</p>

Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:

<http://www.enablemetogrow.com/cleanliness/>