

## Affirmation

I keep myself clean. I do my share to keep our home clean and neat.



“And although bodily cleanliness is a physical thing, it hath, nevertheless, a powerful influence on the life of the spirit...”  
- 'Abdu'l-Bahá

## Cleanliness



“Be ye the very essence of cleanliness amongst mankind.”  
-Bahá'u'lláh

## What is Cleanliness?

**Cleanliness** means washing often, keeping your body clean, and wearing clean clothes. It is feeling and smelling fresh. It is keeping your room, your home and the planet neat, clean and in order.

## Why Practice Cleanliness?

**Cleanliness** keeps our homes clean. We can find things more easily and think more clearly.

**Cleanliness** keeps us healthy. With cleanliness, we look and feel our best.



## How to Practice Cleanliness?

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