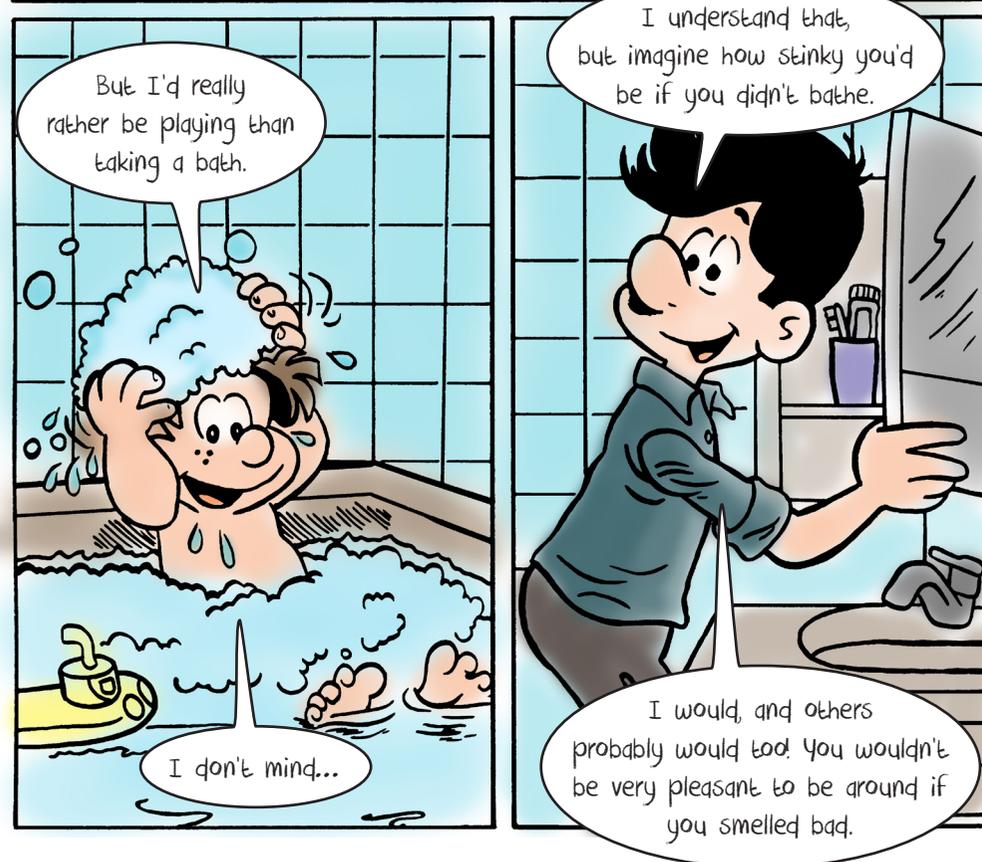


# Why Keep Clean

What are the benefits of keeping clean?

- ⇒ Keeping clean helps you to stay healthy.
- ⇒ Being clean helps fight against germs and sickness.
- ⇒ Cleanliness helps you to feel more positive about yourself and your environment.
- ⇒ Cleaning up after yourself and being neat and clean yourself shows respect to others.



Cleanliness is a virtue that helps to make your life and the atmosphere around you better. When you are diligent to clean up after yourself, you are doing your part to keep your home or area clean and tidy. When you take time each day for personal hygiene, you are helping to keep your body healthy and strong.



Here are some things that you can do to keep clean:

- ⇒ *Keep your body clean.* Brush your teeth, bathe, keep your hands and face clean throughout the day, brush your hair.
- ⇒ *Tidy up after yourself.* Put your toys, books, and school materials away after using them. Fold your clothes and put them where they belong. Make your bed.
- ⇒ *Clean up after using the bathroom.* Flush the toilet after use. Always wash your hands well after using the toilet, and remember to dry your hands on the hand towel.

Sometimes these tasks can seem like a lot of work, but the more you do them, the easier they become. You will be building good habits for cleanliness that will benefit you for life.