

# God is Pure and Holy

## Cleanliness

### For parents or teacher to read:

God has created us as special. He wants us to look after our bodies and keep ourselves clean on both the inside and the outside.

### Cleanliness is...

Washing our hands after the toilet and before eating

Washing, taking a shower or bath each day

Washing our hair

Keeping our nails short and clean

Brushing our teeth twice a day

Washing our clothes

**Activity:** Draw up a table with 6 boxes. In each box draw a picture to show how to keep your body clean

<div data-bbox="209 1227 505 1279">Wash your hands.</div>	<div data-bbox="667 1227 930 1279">Take a shower.</div>	<div data-bbox="1066 1227 1299 1279">Wash your hair.</div>
<div data-bbox="209 1570 429 1621">Cut your nails.</div>	<div data-bbox="639 1570 930 1621">Brush your teeth.</div>	<div data-bbox="1075 1570 1362 1621">Wash your clothes.</div>

### What happens if we don't do these things?

Our bodies will become smelly.

God made our skin to sweat. This is when little droplets of water come out of the skin to cool us down. It is a good thing, because it stops us from getting too hot. But when our skin sweats, it stays on the skin if we don't wash it off. Germs are attracted to the sweat, and we become smelly.

**Dirty clothes:** As we play outside, dirt and dust get into our clothes. The sweat from our skin also gets into our clothes. This is why we should wash our clothes.