

BAHÁ'Í CHILDREN'S CLASS LESSONS

15. CLEANLINESS

Welcome the children to the class. Have one or two children say an opening prayer.

Today we are going to learn about cleanliness. Bahá'u'lláh said that cleanliness was very important. In the Kitáb-i-Aqdas, Bahá'u'lláh's most Holy Book, he called on the believers to bathe regularly, to wear clean clothes and generally to be the essence of cleanliness. P.236

'Abdu'l-Bahá said, "O pure friends of God! Cleanliness and sanctity in all conditions are the characteristics of pure beings and necessities of free souls . . . the first perfection consists in cleanliness and sanctity and purity. . . The channel (furrow) must be cleansed before it is filled with sweet water. . . External cleanliness, although it is but a physical thing, hath great influence upon spirituality." TAB p. 581

Discuss with the children the different types of baths and showers they know. If they were out in the bush camping, and did not have a bath what can they use instead? Encourage ideas, like using the water in a basin. One person can help another to have a kind of shower by one pouring the water over another. Washing in the river or dam if it is safe.

Remind the children to use clean water for washing and not that used by others. If water is scarce, a cup full of water can be enough to wash your hands – wet your hands, soap them thoroughly and rub them together. Then rinse the soap and dirt off with a little clean water.

By washing our hands after we use the toilet, and before we eat, we can stop ourselves getting many tummy problems like diarrhoea. Even if our hands look clean they can be carrying nasty little germs that carry sickness.

There is an old traditional saying to remember, "Cleanliness is next to godliness."

Have the children sing and use actions for the traditional song to the tune of "Here we go round the mulberry bush" – "This is the way we wash our hands . . . 2x and chorus

This is the way we clean our teeth . . . "

This is the way we take a shower . . . "

This is the way we comb our hair . . . "

ACTIVITIES

GROUP A

Look at the photo-copy. Can you see the wash line? What do you think is in the basin? (The washed clothes) Can you help mother hang the washing on the line? Get the children to suggest what items might be in the basin. Now they can draw some clothes on the line and then colour the whole picture.

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GROUP B

How many words can you make using the letters from the words "Washing machine"?
Write down the words 'washing machine' and below that write your list of words.

GROUP C

Put these words, about cleanliness, into alphabetical order:-

Cleanness, purity, bath, laundry, shower, cleanliness, washing, dryer, vacuum cleaner, broom, dustpan, towel, spotless, soap, shampoo, detergent, toothbrush, disinfectant, sweep, toothpaste.

TO FINISH

Thank the children for working so nicely. Get them to tidy up. Ask one or two children to say a closing prayer.

CLEANLINESS. Group A. Can you help by hanging clothes on this line?
Draw clothes all along the line and then colour the picture.

