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What is Cleanliness

Cleanliness Keeps Us Healthy and Happy!

DEFINITION

Cleanliness means being clean and taking care of our bodies and surroundings. It helps prevent sickness and promotes good health.

KEY CONCEPTS

Personal Hygiene

This involves keeping our bodies clean by washing hands, brushing teeth, and bathing regularly.

Environmental Cleanliness

It refers to keeping our surroundings tidy, like cleaning up after ourselves and throwing trash in bins.

Germes and Bacteria

These tiny organisms can make us sick, so cleanliness helps keep them away.

Healthy Habits

Practicing cleanliness is part of healthy habits that lead to a better lifestyle.

Impact on Others

Being clean not only helps us but also protects our friends and family from getting sick.

EXAMPLES

- Washing hands before meals.
- Brushing teeth twice a day.
- Cleaning up toys after playing.

MEMORY TIPS

- ★ Remember the '3 W's': Wash, Wipe, and Wear clean clothes.
- ★ Think of 'Cleanliness is Next to Healthiness' to remember its importance.
- ★ Use the acronym 'H.A.N.D.S.' for Hygiene, Awareness, Neatness, Daily, and Safe.

COMMON MISTAKES

- ✗ Skipping handwashing after using the bathroom.
- ✗ Not cleaning up spills or messes right away.
- ✗ Neglecting to brush teeth before bed.

QUICK RECAP

Cleanliness is essential for good health and involves personal and environmental hygiene. Practicing cleanliness helps prevent germs and keeps us and others healthy.