PERSONAL HYGIENE
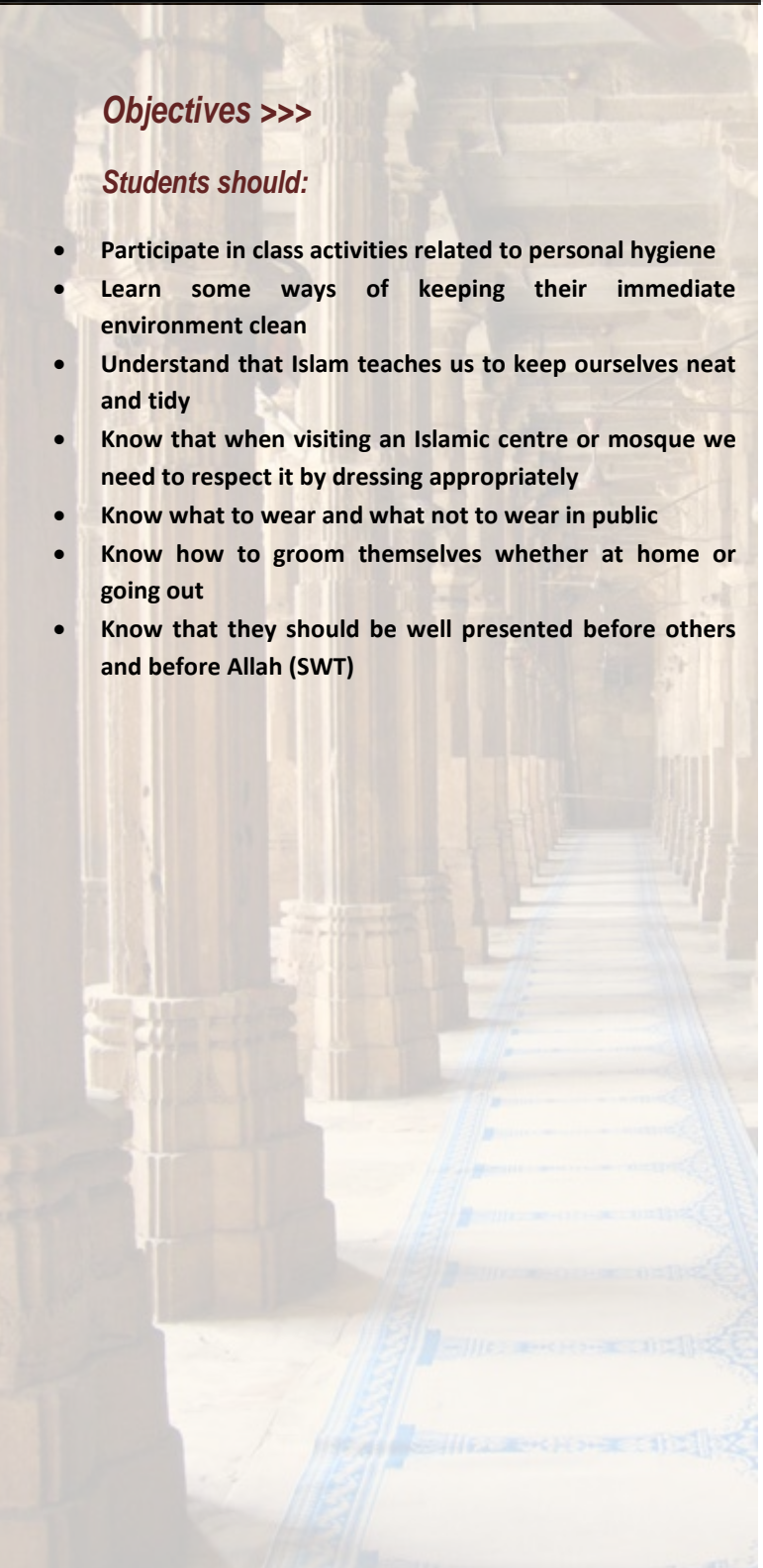
Objectives >>>

Students should:

- Participate in class activities related to personal hygiene
- Learn some ways of keeping their immediate environment clean
- Understand that Islam teaches us to keep ourselves neat and tidy
- Know that when visiting an Islamic centre or mosque we need to respect it by dressing appropriately
- Know what to wear and what not to wear in public
- Know how to groom themselves whether at home or going out
- Know that they should be well presented before others and before Allah (SWT)

Personal Hygiene I

Allah (SWT) loves those who are clean and take care to keep their environments clean as well. Part of being a good Muslim is to always be tidy and neat in the way we dress and the way we treat our surroundings.
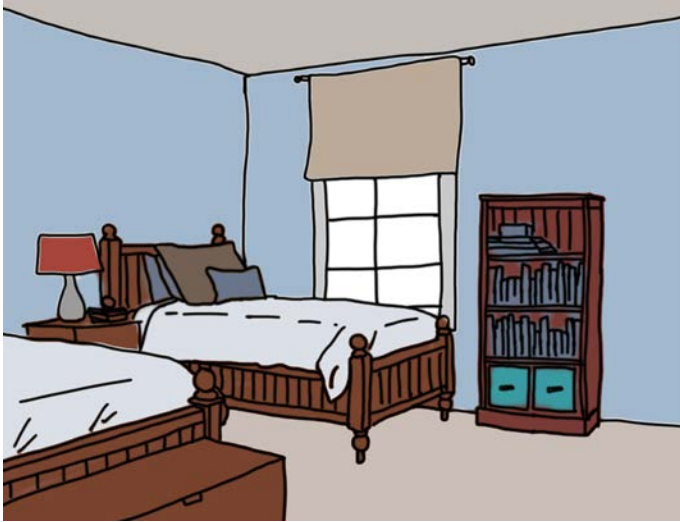
In this lesson we will learn some of the important ways of staying clean and how important it is.

KEEPING OUR ENVIRONEMNT CLEAN

A Muslim's room should always be clean and tidy. Which of the following rooms do you think would belong to a good Muslim?

Circle the neatest room.

Without even knowing who owns which room, there are many things that we can learn about the owner of each room just by how neat or messy it is.

THE MESSY ROOM

By looking at the messy room we can tell that's its owner is:

- Lazy
- Untidy
- Unorganised
- Careless
- Irresponsible

THE TIDY ROOM

The owner of this room appears to be:

- Neat
- Clean
- Tidy
- Responsible
- Organised

WHICH ONE ARE YOU

By looking at the two pictures, which one looks more like your room now?

MESSY   **TIDY**

Which room will you try to have from now on?

MESSY   **TIDY**

MUSA LEARNS HIS LESSON

Musa was very excited. He had been saving his money all year to buy a ticket to watch the football. Finally his favourite team were coming to Australia.

Musa had the ticket for one month now in his room. Tomorrow was the big day. He could not wait.

The night before the game Musa's father was helping him get ready to leave early in the morning well prepared. They ironed his clothes, packed a small lunch pack and left it in the fridge and placed a flag of his team next to his bag so that he doesn't forget it in the morning.

Musa's dad now asked him to bring his ticket so that he doesn't forget it at home.

It was in his room. There was just one problem… Musa's room was very, very messy *all the time*.

Both Musa and his father went to his room to look for the ticket. Both of them were shocked with how messy the room was.

The only thing they could do now was… search for it.

They started looking and looking and looking. Soon it was three in the afternoon, then five, then seven. The sun had set and the ticket was nowhere to be seen.

Musa was now in tears.

He knew that without the ticket, he wouldn't be able to attend the game he was waiting so long for. Musa cried and cried and cried. He could not believe it. "Why…Why?" he screamed. "I have been waiting for ever!!!"

Musa's father looked at him and tried to settle him down. They both knew that it was too late to get another ticket. Then his father said to him… "Musa, look around your room, what do you think the problem is?"

Musa looked around the room then lowered his head. It was all his fault. His room was an absolute mess. His parents were always telling him to clean it up. Teaching him that a good Muslim should always be organised and tidy, yet he never listened to them. Now he realised why he should be neat and tidy.

He immediately started tidying up his room still hoping that he may find the ticket. He cleaned right into the night until he was so tired he fell asleep on the floor. The next day he woke up ever so sad knowing that he should have been at the game. He continued cleaning his room. It took his all day long. Finally late in the afternoon he was finished.

His room was very tidy now. He looked around and was very proud of himself.

Just then Musa remembered something. Musa had placed his ticket in a special box in his top drawer. Yet because his room was so messy there were too many things covering it and that's why he couldn't find it. He rushed to show his parents.

"Sorry Musa," his father replied, "the game is over". Musa sadly walked back to his room and sat on his bed.

His father followed him and said, "You know Musa, sometimes it takes something very sad to happen to us for us to learn a lesson. Today you have learnt why Allah (SWT) wants us to be neat and tidy. Why He wants us to be organised, so that events like this don't happen."

"I am very sad," replied Musa. "But I am also happy, because today I have learnt that from now on my room will never get messy again!!!"

Colouring Activity:

Colour in the picture below of a boy who cleaned his room to be a good Muslim and also make his parents happy.

Lesson 2

In our previous lesson we learnt about how important it is to keep our rooms and environments clean. Today we will learn about how important it is to keep ourselves clean as well. Can you think of ways we can keep ourselves clean? (Let the class answer).
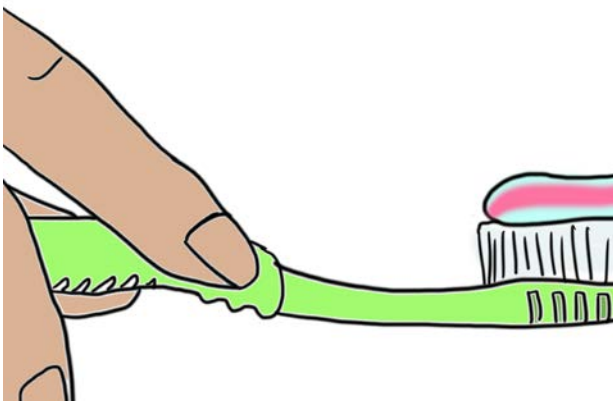
Some of the ways include:

- Having a bath or shower everyday

- Combing our hair

- Brushing our teeth

- Wearing clean clothes

- Clipping our nails once a week especially on Friday

- Wearing perfume

- Washing hands well after using the washroom and after eating

HOW TO DRESS FOR THE MOSQUE

It is important to dress neatly and be clean everywhere we go. In particular we should take care when we are going to the Mosque. The Mosque is *like* the house of Allah (SWT). This does not mean He lives there but it is because we all go there to remember Him by praying and reciting Qur'an.

Therefore when we are attending the mosque we should always dress neatly and be clean. We are showing people what Muslims should dress like. Therefore if we are messy and our hair is not brushed or we have not showered, we are telling people that this is what Muslims should be like.

Colour in the picture of what a Muslim boy would look like on his way to the Mosque.

CLASS ACTIVITY

From the pictures below, tick the ones that show cleanliness and tidiness: