

Understanding Cleanliness and Discipline

Chapter 6: Cleanliness and Discipline · Topic 1

Key Concept

Cleanliness means washing our hands, keeping our clothes tidy, and keeping our surroundings free from litter. Discipline means following rules, like reaching school on time and keeping our things in order.

Being clean and disciplined helps us feel good and helps others around us stay healthy too.

Discipline also means completing our tasks, like homework or chores, even when we don't feel like doing them, because they are important.

When everyone in a class or family practices cleanliness and discipline, the whole group benefits from a healthier, more organised environment.

Quick Revision Notes

- Cleanliness means keeping ourselves and our surroundings clean.
- Discipline means following rules, like being on time.
- Washing hands is a cleanliness habit.
- Being clean and disciplined helps everyone stay healthy.
- Discipline means completing tasks even when we don't feel like it.
- Homework and chores are examples of tasks needing discipline.
- Group cleanliness and discipline benefit everyone.
- A clean, disciplined environment is healthier and more organised.

Practice Questions

- 1 Wash your hands properly and explain the steps.
- 2 List two ways you can keep your classroom clean.
- 3 Practice reaching somewhere on time.
- 4 Keep your school bag and things organised for a day.
- 5 Complete a chore or homework task even if you don't feel like it.
- 6 Discuss with your family how cleanliness helps everyone at home.