FACT:

Studies show that clean, organized spaces can reduce stress and boost creativity.

When things are clean and in order, it's easier to concentrate, stay motivated and feel good about where you are. Clean spaces feel peaceful and help your brain stay focused. They can also make you feel more confident and in control.

Whether it's your bedroom, your locker, your classroom or a community space, taking care of your environment shows responsibility and pride—and it often inspires others to do the same. That's why clean feels good, and does good too!

DISCUSSION QUESTIONS

1. We know how good clean can feel—but how does cleaning make you feel? What feelings are associated with cleaning up a space?

2. Have you ever noticed that you think better or feel more creative in a clean space? Why do you think that is?

3. How can keeping your area clean help you be a better teammate or classmate?

4. What are some small things you could do every day to keep your spaces clean and positive?