

FACT:

Studies show that clean, organized spaces lower stress, sharpen focus, and support the well-being of everyone who shares them.

The spaces around you—your room, your locker, the places your whole community shares—shape how you think, focus, and feel every day. A cared-for space doesn't just look better; people do their best work in it.

But there's a difference between simply helping out and creating improvements that last. Real change isn't a one-time clean-up—it's a system of small, consistent acts of care that add up to measurable change for everyone who shares the space. That's why Clean Feels Good. And does good, too!



DISCUSSION QUESTIONS



- 1.** How do the spaces you care for shape the well-being, focus, and mood of the people who use them?

- 2.** What's the difference between being told to clean and building a system—cue, routine, reward—that keeps a space cared for on its own?

- 3.** Think of a space everyone uses but no one seems to own. Why do shared spaces fall apart—and what changes when a group decides, on purpose, to share the responsibility?

- 4.** Name a shared space you could help improve. How would you measure whether your work made a real difference—and what would keep it cared for over time?
