

FACT:

Did you know that when your space is clean, your brain feels calmer and you can think more clearly?

Clean spaces help us feel happy, calm and ready to do our best. When our bedroom, desk or classroom is neat and tidy, we can find our things easily and have more fun.

Cleaning also helps us show we care—for ourselves, our family, our friends, our school and our community. It's like giving our space a big hug! When we all clean together, it brings smiles and teamwork. That's why Clean Feels Good. And does good, too!



DISCUSSION QUESTIONS



1. What does your bedroom, desk or classroom feel like when it's clean? How does that make you feel inside?

2. Can you think of a time when cleaning made you feel proud or happy?

3. Why do you think it's important to care for our space at home or at school?

4. What are some fun ways we can clean together as a team?
