**Virtue: CLEANLINESS**

**Lesson Plan for children 0 – 3**

**All highlighted sections have demonstration videos on** [**www.supportingthecoreactivities.org**](http://www.supportingthecoreactivities.org)

**Open Play (20 minutes) and Parent Discussion:**

Invite children to play with toys- gently guiding and reminding them of the virtues of kindness, love and sharing. While keeping an eye on their children, parents talk about how to support the development of helpfulness in their families.

* How can we encourage the development of the virtue of cleanliness in our children?
* How can we as parents help foster in our children the desire to be helpful in keeping their environment clean and tidy?

After about twenty minutes, play a song with a verse about helpfulness, signaling that it is almost time to start the formal part of our playgroup.

**Song: The song-verse played is “You live to do good and to bring happiness to others.”** (From the Virtues In Us, Quotations CD)

Once the song is over, children and parents clean up toys while singing a clean-up song:

There are several cute and easy songs to choose from: Select one and have that be your 'clean up theme song' for the class.

Song 1: Clean up, clean up, everybody everywhere.

Clean up, clean up, everybody do your share.

Song 2: *(spoken)* Time to clean up, everyone. Let's pick up our things!

*(Chorus)*

Clean up, everybody clean up (x3)

Time to clean up!

Pick up, everybody pick up (x3)

Time to pick up!

Pick up the toys, put them away

Pick up the blocks, put them away

Pick up the books, put them away

Put your things away

**Welcome Song** (Favorite Children’s Songs from the Family Learning House CD)

Once clean-up is done, play the welcome song to signal that it is time for the children and parents to gather round, sitting in a circle.

Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be wonderful. Today is going to be joyful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be beautiful. Today is going to be peaceful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be…How is your day going to be? Get ready to sing! Today is going to be \_\_\_\_\_\_\_(very clean!). Today I’m going to be happy. Today I’m going to be helpful. Good morning, good morning! It’s lovely to see you! Good morning, good morning! It’s lovely to see you!

**Opening Prayer: Explain to the children and parents:**

**"**We always start with a prayer, because God is the source of all spiritual qualities, and we want to call on Him to help us with our spiritual development."

**Is there any Remover of difficulties save God? Say: Praised be God! He is God! All are His servants, and all abide by His bidding!** ~ The Báb

The song, “Remover of Difficulties”, on CD 2 of Tender Years by Julie Iraninejad and Shabnam Cyrus, can be played to help in the memorization of this prayer.

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| **WORDS** | ACTIONS |
| **Is there any** | hands in front of you with palms flat together in a prayer position |
| **Remover** | clasp your hands |
| **of difficulties** | move both hands out to either side while opening both hands out with fingers open, as if the difficultly is being dispelled; |
| **save God?** | raise both hands up to the sky, with elbows bent; |
| **Say: Praised** | wiggle your fingers while your hands are in the air above your head |
| **be God** | stop moving your fingers, keep your hands outstretched to the sky and look up; |
| **He** | point with both index fingers straight up to the sky |
| **is God** | open up both hands above your head, with elbows bent, while looking up towards the sky; |
| **all are** | make a wide circle in front of you with both hands |
| **His servants** | put both hands, palms up, in front of you and bow your head; |
| **and all** | make a wide circle in front of you with both hands |
| **abide** | cross your hands in front of your chest |
| **by His bidding** | bend your head down and tuck your chin to your chest. |

**Song: Hello** (Music Together, Bongos CD) (sing each child’s name and parent’s name)

Hello everybody! So glad to see you! Hello everybody, so glad to see you too! Hello to \_\_\_\_, so glad to see you! Hello to \_\_\_\_\_\_\_, so glad to see you too! Hello everybody! So glad to see you! Hello everybody, so glad to see you!

**Song: Wake up Movement** (Music Together, Bongos CD)

Open and shut them, open and shut them, give a little clap.

Open and shut them, open and shut them, fold them in your lap.

Creep them, creep them, slowly creep them right up to your chin.

Open up your little mouth but do not let them in!

Song motions: ( https://www.youtube.com/watch?v=9LbZSyx-7Xo)

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| **WORDS** | ACTIONS |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **give a little clap** | clap hands |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **fold them in your lap** | fold hands emphatically in your lap |
| **Creep them, creep them, slowly creep them, right up to your chin** | "creep" your fingers up from your waist and neck to your chin |
| **Open up your little mouth** | Touch one finger to your lower lip while opening up mouth wide |
| **But do not let them in** | Quickly move both hands behind your back |

**Chant: Slowly, Slowly and Quickly, Quickly Movement Song**

Slowly, slowly, very slowly creeps the garden snail

Slowly, slowly, very slowly, up the wooden rail.

Quickly, quickly, very quickly runs the little mouse.

Quickly, quickly, very quickly in his little house!

*Actions*: Creep your fingers very slowly up your child’s body as the first two lines are said. Then pause. For the second two lines, move your fingers very quickly over your child’s body until the last word- “house”, when you stop and put both hands over your head in an upside down V, like you are under a house.

**Introduction to the Virtue of Cleanliness:** To be clean means wearing clean clothes, washing often (with soap!) and keeping our whole body clean- including our face, ears, nose, hands, feet and fingernails. When we practice cleanliness, we make sure that our room, our house, our classroom and our environment are clean. Cleanliness also means thinking happy, positive thoughts. When we are clean, we will be healthy and strong. People will also feel happy to be with us!

**Read a book about cleanliness: Wash Up by Gwenyth Swain**

**Song: Cleanliness** (The Family Learning House, Children’s Virtues Songs- Preschool CD; available through ITunes)

This is the way we wash our face, wash our face, wash our face,

this is the way we wash our face because we want to be clean x 2

This is the way we wash our hands, wash our hands, wash our hands,

this is the way we wash our hands because we want to be clean x 2

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| **WORDS** | ACTIONS |
| **Wash our face** | rub your face with both ands |
| **... want to be clean** | put both hands in front of you with palms up |
| **Wash our hands** | pretend you are washing your hands |
| **... want to be clean** | put both hands in front of you with palms up |

**Song: If You’re Healthy and You Know It** (Radha & the Kiwi Kids, Virtues in Me CD)

If you’re healthy and you know it, wash your hands x 2

Be a happy human being, be healthy and clean!

If you’re healthy and you know it wash your hands!

If you’re healthy and you know it, clean your teeth x 2

Be a happy human being, be healthy and clean!

If you're healthy and you know it clean your teeth!

I am healthy and I know it and I think clean thoughts x 2

I’m a happy human being, being healthy and clean!

I am healthy and I know it and I think clean thoughts!

I am healthy and I know it and I speak clean words x 2

I’m a happy human being, being healthy and clean!

I am healthy and I know it and I speak clean words!

Song motions:

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| **WORDS** | ACTIONS |
| **wash your hands** | pretend you are washing your hands |
| ***(during Chorus)*** | clap your hands |
| **clean your teeth** | using your index (pointer) finger as your 'toothbrush', pretend you are brushing your teeth; |
| **think clean thoughts** | tap your temples with your fingers |
| **speak clean words** | tap your mouth with your fingers |

**Song: Brush Your Teeth** (Raffi, Singable Songs for the Very Young CD)

When you wake up in the morning, it’s a quarter to one

and you want to have a little fun,

you brush your teeth- chhh, chhh, chhh, chhh, chhh…

you brush your teeth, chhh, chhh, chhh, chhh, chhh…

When you wake up in the morning, it’s a quarter to two

and you want to find something to do,

you brush your teeth- chhh…

When you wake up in the morning,

it’s a quarter to three and your mind starts hummin’ twiddle dee dee-

you brush your teeth- chhh…

When you wake up in the morning, it’s a quarter to four

and you think you hear a knock at your door-

you brush your teeth, chhh…

When you wake up in the morning, it’s a quarter to five

and you just can’t wait to come alive,

you brush your teeth- chhh…

You brush your teeth, chhh….

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| **WORDS (VERSE 1,2, etc)** | ACTIONS |
| **When you WAKE up in the morning** | Pretend to rub sleepy eyes with fists, then move fists to the side of eyes, then open fingers and eyes wide on the word "Wake" |
| **(1) It's a quarter to ONE** | Hold up one index finger, push hand and finger outward |
| **and you want to have a little FUN** | Rub hands together gleefully, rolling eyes mischievously |
| **You brush your teeth (chhh chhh chhh...)** | Hold pointer finger horizontally like a toothbrush, use it to mime brushing teeth |
| **(2) And you want to find Something to do...** | "shield" eyes as if from the sun, look around |
| **(3) Mind starts hummin'** | Tap temple with index finger |
| **(4) Hear.... knock** | Cup hand behind ear listening, then "knock" with knuckles |
| **(5) Come alive** | Hands balled into fists with arms raised (elbows bent), rock back and forth to the beat, arms up and down celebrating, |

**Song: Scrubba Dubba** (Fisher Price, Bath Time Sing-Along CD)

You can pass out washcloths for each child to use as they scrub their body in this song

*Chorus:*

Scrub, scrub, scrub, scrub a dubby

Scrub, scrub, scrub-i-do-da

Scrub a dub a do, scrub a dub a dee

Scrub a little toe and scrub a little knee

Scrub a little ear and all that’s in between

Scrub a dub a dub a dee until I’m squeaky clean

*Chorus*

Scrub a dub a doo, scrub a dub a dum

Scrub a little finger, scrub a little thumb

Scrub a little nose and scrub a little cheek

Scrub a dub a dub a dee until I’m squeaky clean

And oh, I love to scrub a dee doo, scrub a da dee, scrub a dub dub

Right here in my tub, goin’ to scrub and scrub ‘til I’m all scrubbed up!

*Chorus*

Scrub a duba do, scruba duba dee

Scrub a little you and scrub a little me

Scrub a little hand and the other if you please

Scruba dub a dub a dee until I’m squeaky clean!

*Chorus* repeated several times

Scrub a dub a do, scrub a dub a dee

Scrub a little toe and scrub a little knee

Scrub a little ear and all that’s in between

Scrub a dub a dub a dee until I’m squeaky clean! x 2

*Actions:* Wash your body with your hands and focus on the parts that are sung in the song, as they are called out; during chorus- sway from side to side; you can also scrub different body parts when it says scrub a dub a dub; you- point to others; me- point to yourself

**Bring out egg shakers to play and tap during the following song:**

**Song: Cleanliness** (Jennifer Russell, The Virtues Songs CD)

I’m a clean kid. I keep my life in order.

I’m a clean kid. I wash my face everyday.

I’m a clean kid. I do my share to keep our house in order.

I’m a clean kid, from Sunday to Saturday!

When my mind starts thinking not good thoughts,

I say, “Whad’ ya doin’ here?” and I think all my good, good, good, good thoughts!

I’m a clean kid. I keep my life in order.

I’m a clean kid. I brush my teeth everyday.

I’m a clean. I do my share to keep our house in order.

I’m a clean kid, from Sunday to Saturday!

When I’ve made a mistake and I know I’m wrong,

I clean up my act and choose to change and know God keeps me strong.

I’m a clean kid. I keep my life in order.

I’m a clean kid. I comb my hair everyday.

I’m a clean kid. I do my share to keep our house in order.

I’m a clean kid, from Sunday to Saturday!

**Collect egg shakers.**

**Ask everyone to stand up in a circle for the following song. Follow movement directions in the song. "Do the hokey pokey"**

**Song: The Hokey Pokey**

**(This is a song about some of the parts of our body that we can keep clean!)**

You put your right foot in, you put your right foot out

You put your right foot in and you CLEAN it all about

*(chorus)*

You do the hokey pokey and you turn yourself around, that’s what it’s all about!

You put your left foot in…

Come on everybody!

Let’s go!

Right hand…

Left hand…

Head…

Whole self…

That’s what it’s all about, yay!

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| **WORDS** | ACTIONS |
| **You do the hokey pokey** | arms to side, elbows bend, pointer finger of hand pointing upward, move opposite arms up and down in rhythm to the music |
| **and you turn yourself around** | Continuing moving arms, turn around in place |
| **that's what** | clap hands to thighs twice |
| **it's all a-...** | clap hands together twice, on 'all' and on 'a-' |
| **...bout!** | Open both hands, elbows bent, and raise them up to the side of your head. |

**Hand out scarves to *dance* with to the following song:**

**Song: Splish Splash Song** (Fisher Price, Bath Time Sing-Along CD)

**Collect scarves and hand out instruments to play during the following two songs:**

**Song: Rub a Dub** (Hap Palmer, Baby Songs Original CD)

*Chorus:*

Don’t you love to have fun in the tub, rub a dub

Just hop in the water and scrub, rub a dub

Pile up the bubbles, just as high as they’ll go

Then start at the top and work down to each toe

In the scrubbly, bubbly tub

First you wash your face

To make your cheeks bright

But remember to keep your eyes shut tight!

Then ears in and out

And neck round and round

Then move on to your shoulders and arms up and down

*Chorus*

Your fingers and toes, they need extra soap

And you haven’t forgotten your tummy at all, plus your bottom and legs

Scrub on down to those feet

Then up, down and sideways, you’re all clean and sweet

*Chorus*

*Actions*: Scrub the places that are indicated in the song

**Collect instruments.**

**Invite children to sit in a circle with their Mommy to listen to the closing Verse.**

**Closing Verse:** Again invite children to practice reverence by asking them to sit in their parent’s lap while a very short verse is said or sung. (Soulrise Melodies, At First Light)

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| **Be ye the very essence of cleanliness amongst mankind.** ~ Bahá'u'lláh |

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| **WORDS** | ACTIONS |
| **Be ye the very essence** | put both hands clasped in front of your chest and bend your head down; |
| **of cleanliness** | wiggle your fingers and move your hands up above your head and around both sides of you; |
| **amongst mankind** | put both hands to your side, with palms facing up, moving them up and down as you turn your head and look both ways. |

**Closing Song:**

**(sung to the tune of "Teddy Bear, Teddy Bear....)**

**There are several different tunes for the Teddy Bear rhyme you can find on YouTube. Here is one version**

**https://www.youtube.com/watch?v=sSLlm5bwzjs**

Cleanly child, cleanly child turn around. (turn around)

Cleanly child, cleanly child, touch the ground. (touch the ground)

Cleanly child, cleanly child, show your shoe. (hold foot up and point to shoe) Cleanly child, cleanly child, I love you! (hugs all around!)

Cleanly child, cleanly child, reach for the sky. (reach up!)

Children’s class is over. It’s time to say goodbye! (wave and say, “goodbye!”)