



# Grooming & Hygiene

---

Module 6B, Lesson 4



# Ayah

وَيُحِبُّ الْمُتَطَهِّرِينَ

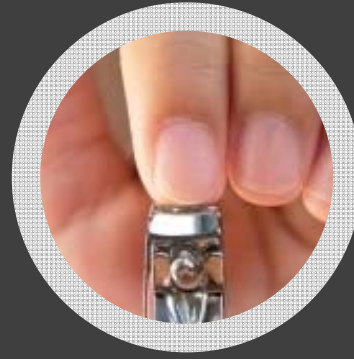
And He (Allah) loves those who keep clean  
(*Surat al- Baqarah, 2:222*)

Allah tells us in the Holy Qur'an, "Allah loves those who keep clean"



## Would you like to learn more about how to keep clean?

- Washing hands
- Applying perfume
- Brushing/combing our hair
- Cutting nails
- Bath/shower
- Brushing/flossing our teeth





## Washing our hands

### When should we wash our hands?

- Before eating
- After eating
- After using the bathroom
- After playing outdoors

### Why is it important to wash our hands?

- When we wash our hands, we stop germs from spreading and making ourselves sick.

Our 6th Imam, Imam Ja'far as- Sadiq (a), has told us that if we wash our hands before and after eating, we will be blessed from the beginning of our meal right until the end!



## Applying perfume

### Why do you think we should apply perfume?

- Rasulullah (s) would always make sure he applied perfume and smelt nice. He would love to receive perfumes as a gift.
- Did you know he would spend more money on perfume than on food?

Our 6th Imam, Imam Ja'far as- Sadiq (a) has said, if we put some perfume on in the morning, we will stay mentally alert, sharp and focused until night-time.



Combing our hair has many benefits!

- Improves the quality of the hair
- Gives the hair nourishment
- Keeps it looking tidy
- Makes us clever!

Brushing/combing our hair



## Cutting our nails

Why do you think is it important to cut our nails?

- Cutting our nails keeps illnesses away from us and gives us good health

When should we cut our nails?

- It is recommended to cut your nails on a Friday



## Taking a bath/shower

Why do you think we should take a bath or shower every day?

- It cleans our whole body

What is the special bath we take especially on a Friday?

- The special bath we take is known as **ghusl**
- **Ghusl** is performed after you take a bath or shower
- It gives our soul a lovely fragrance

Rasulullah (s) said we should perform **ghusl** even if we have to go and buy water on a Friday!  
That's how special it is.





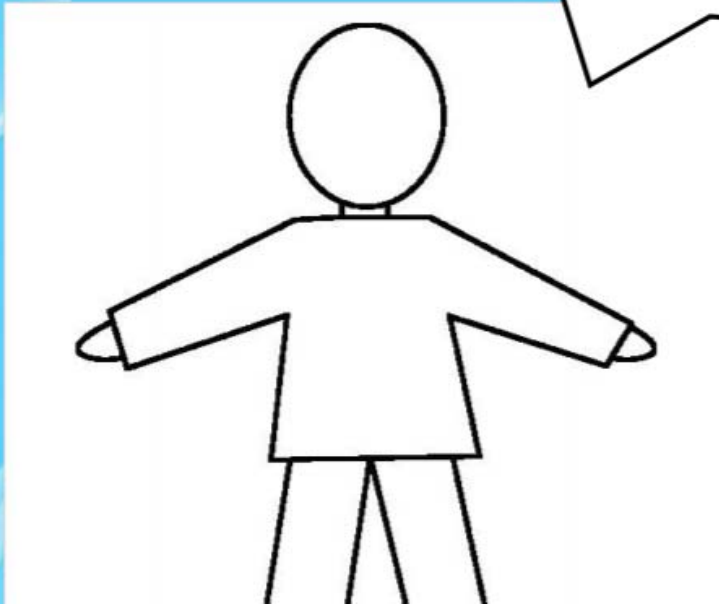
## Brushing our teeth

Why do we brush our teeth every day?

- It helps to remove plaque which can build up and cause cavities

What else can we do to remove food that is stuck between our teeth?

- Brushing is not enough to remove food that is stuck between our teeth
- We should also floss to make sure everything is removed



Which cleaning  
action would you  
like to start doing  
now?



# Lesson Objectives

1. To recall ways in which we keep clean
2. To explain why cleanliness is important
3. To plan a new intention for one or more of the actions discussed in the lesson