



# DEVELOPING TOMORROW'S MISSIONARIES



Jeremiah—A Missionary?

[www.NazDTM.org](http://www.NazDTM.org)

[WMMissionary@nazarene.org](mailto:WMMissionary@nazarene.org)

[www.CareerInMission.org](http://www.CareerInMission.org)

## Personal Skills: Hygiene Research

### OBJECTIVE:

To learn how good personal hygiene is important for a positive self image and how it impacts your view of others. It is important to have good health to honor the body God has given you.

### DESCRIPTION OF ACTIVITY:

Research—What is personal hygiene? In a short report or conversation with your mentor, answer these questions:

1. What is hygiene?
2. Why is it important? (For my teeth, skin, etc.)
3. How does it influence the people around me?
4. What are the consequences of poor hygiene?

As you learn about personal hygiene, think of ways to research the topic besides finding information in a book. Consider the following ideas:

- Visit a dental school or a local dentist's office and talk with the hygienist.
- Do your own laundry (with a parent's help) and talk about cleanliness and importance of keeping you own clothes clean.

