

Modesty and moderation in how we dress

Every part of the world is different; one place may be very hot, and another one very cold.

People everywhere wear clothes to shelter themselves from the sun, wind and rain, and to keep warm or cool.

Modesty and moderation means dressing in clothing that suits this purpose,
without trying to show off or attract attention to ourselves.

Dressing with modesty and moderation helps us remember our essence as spiritual beings.



Mexico



India



China



Japan

Which of these places do you think are hot places? Which of them are cooler places?
Ask your teacher for a blank sheet of paper. On it, draw your own design for clothing
that fits with your understanding of modesty and moderation. If you need help, look at
some of the examples above. Do they show modesty and moderation? Why?