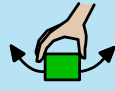
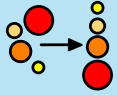
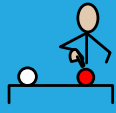




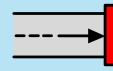
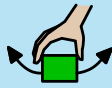
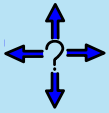
How to use this resource...



1

2

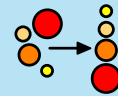
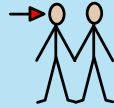
The sequence below can be used in one of two



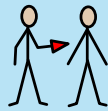
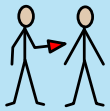
ways: you can use it as a checklist when completing a



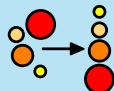
personal hygiene activity or you could print them and



cut them up to put them in the correct order.



If you don't have a printer, you could draw or



write your own sequence.



34152

↓  
12345

Showering Sequence



Get undressed



Turn on water



Make sure it is



not



too hot

and



not

too



cold



Step into

the



shower



Wet

your



hair



Put shampoo



on

your



hair



rinse



shampoo



off

of your



hair



Put soap

on your



hands,



sponge



or



cloth



Wash your face



Wash your body



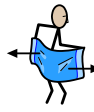
Rinse your face and body



Turn off the water



Dry your hair and dry your body



Put deodorant on your armpits



Get dressed

# It's time to shower...

1

wash face



2

wash hair



3

wash arms and armpits



4

wash chest



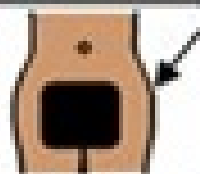
5

wash legs



6

wash front



7

wash bottom



8

wash feet

