

1

Showering
Or
Bathing

We need to wash our
bodies every day

We wash our bodies
by having a shower
or a bath

We usually take a
bath or a shower in
the morning or
before bedtime.

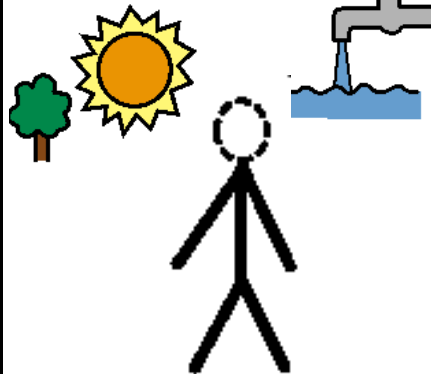
shower



bathe



day



shower



bathe



morning

AM



bed



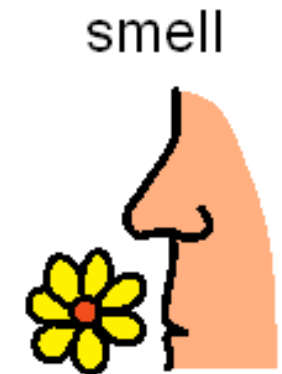
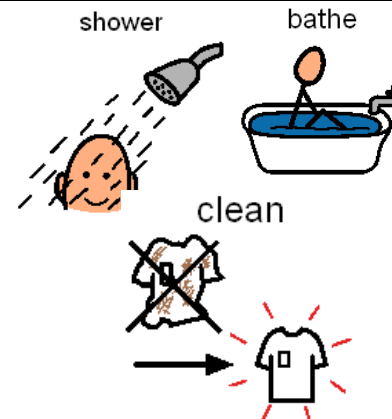
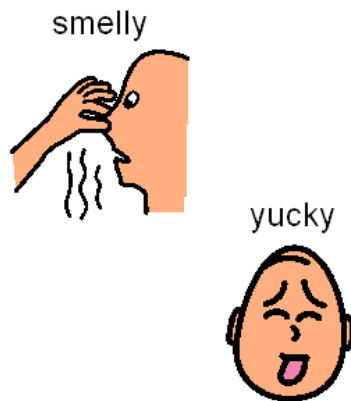
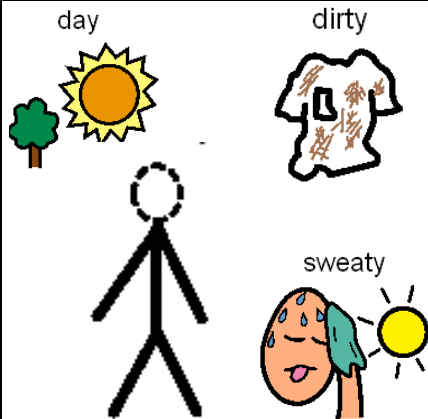
2

Our bodies become
dirty and sweaty
every day.

Sometimes our
bodies smell stinky.

It is important to
take a shower or
bath to clean
ourselves

And smell nice.



3

Showering

Take a shower after
swimming.

Take a shower at
home.

Showering is **Private**.

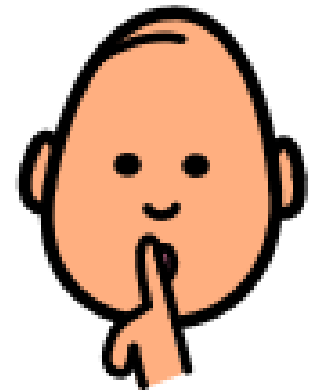
shower



swim



home



4

Take off my clothes.

Fold my clothes.

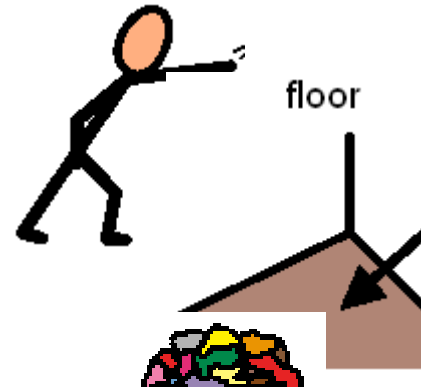
Do not throw my clothes on the floor.

Put my clothes on a chair, or in a basket.

take off clothes



fold clothes



chair



5

Turn on the water in the shower.

Use hot and cold water.

Be careful!
That the water is
NOT too hot.
Just warm

Do not have a cold shower.

turn on



warm water



hot



cold



6

Stand under the water.

Wash using soap.

Wash my face.

Wash my body.

shower



apply soap



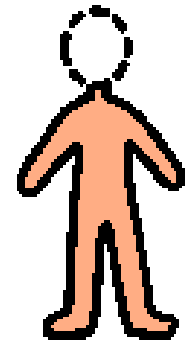
wash face



wash



body



7

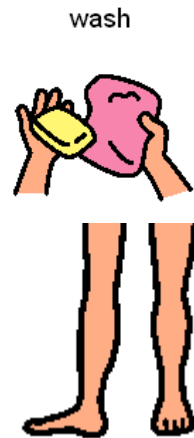
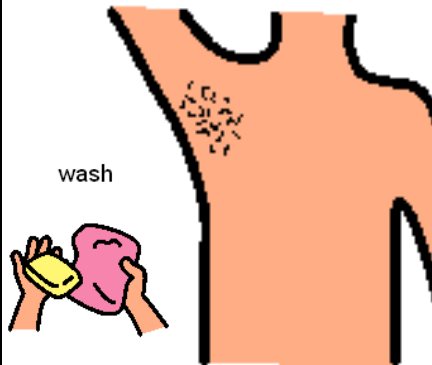
Remember to wash
under my arms using
soap.

Remember to wash
between my legs.

Wash off the soap.

Rinse

I can use a washer
when I wash.



face washer



8

I can wash my hair using shampoo.

First I get my hair wet.

Then I will put a little shampoo on my head and lather all my hair.

Then I will rinse my hair until all the shampoo is out

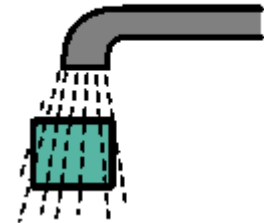
wash hair



shampoo



rinse



9

Dry your body & hair with a towel.

Use deodorant, so you smell beautiful!

Get dressed.

Make sure the shower is turned off.

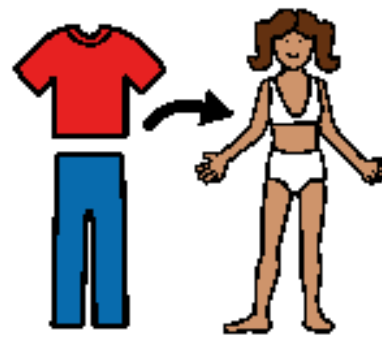
dry off



deodorant



get dressed



shower

