

KEEPING YOURSELF CLEAN AND HEALTHY



Personal hygiene is about taking care of your body. In fact, it is one way you can show that you love your body. Keeping your body clean is an important part of keeping yourself healthy and feeling good about yourself. Everybody likes to be around a person who is clean and smells pleasant.

Instructions: Here is your basic personal hygiene checklist. Using the pictures as your guide, write the action that you have to do to complete the checklist



Take a shower/bath



Put on clean, neat clothes



Wash hair



Comb hair



Wash hands

▶ **Good to Remember** (Read out loud)

Don't forget ... wash your hands with soap and water:

- When you get out of bed.
- Before and after going to the bathroom.
- Before eating.
- After touching animals.
- Every time they get dirty.

