

## I Take Care of Myself



## I dress for the weather in clean clothes.

- The weather changes all the time. Each day, I pick out clean clothes based on the day's weather.
- When it is hot outside, I can wear a t-shirt, short-sleeved shirt, shorts, bathing suit, tank tops, and other lightweight clothes. I can wear flip flops, sandals, and shoes that keep my feet cool. It is too hot to wear heavy coats, winter boots, scarves and gloves.
- When it is cold outside, I wear a long-sleeved shirt, sweater, sweatshirt, sweatpants, long pants, or other clothes that will keep my body warm. When I go outside, I wear a coat, hat, scarf, and gloves when it is very cold. I wear closed shoes, or boots to keep my feet warm. It is too cold to wear bathing suits, shorts, flip flops, sandals, and open shoes outside.
- When it is snowing outside, I can wear a heavy coat, hat, ear muffs, gloves, mittens, and scarf. Boots protect me from getting my feet cold and wet. I don't wear flip flops or sandals in the snow.
- When it's sunny outside, I should wear sunscreen and sunglasses to protect my skin and eyes from the sun.
- When it's raining outside, I should use an umbrella to protect me from the rain. I can wear a rain jacket and rain boots, too.



