



### I wash my body

1. When I wash my body, I go into a bathroom and close the door for privacy.
2. I take off my clothes so I can wash all parts of my body. If I have glasses, I take them off when I wash my face.
3. When I turn on the water, I need to make sure it is not too cold or too hot.
4. I put water on each part of my body. Once it is wet, I put some soap or body wash on that area and rub for about twenty seconds. I rinse the soap off with water after rubbing.
5. To wash my hair, I wet my hair completely with water. I put shampoo into the palm of my hand and put it into my hair. I am careful so shampoo doesn't get in my eyes.
6. I massage the shampoo onto my scalp and through all the strands of my hair to the ends, for about one minute. I close my eyes and rinse all the shampoo out of my hair.
7. When I am finished washing, I turn off the water. Then I dry myself with a clean towel. I rub the towel gently on each part of my body to dry it. I can wrap a towel around my hair to soak up some of the water.
8. Once I am dry, I put on my clean clothes.

