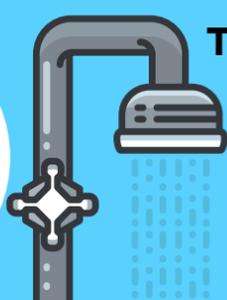




# CLEANING MY BODY

## GETTING MY BODY CLEAN IS IMPORTANT

1



### TURN ON WATER AND GET YOUR BODY WET

- make sure the temperature is not too hot and not too cold
- your body and hair should be wet

### WASH YOUR HAIR WITH SHAMPOO

- put shampoo in your hair first, this will make bubbles.



- rinse all the bubbles out with water



2

3

### WASH YOUR HAIR WITH CONDITIONER

- conditioner will make your hair soft and take out the tangles and knots to make it easy to brush



- rinse the conditioner out



### WASH YOUR BODY

- use soap or body wash in a washcloth to wash all of your body:



wash face



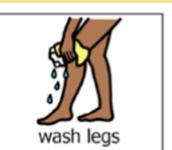
wash arms



wash chest



wash back



wash legs

4

5

### RINSE EVERYTHING OFF AND MAKE SURE THERE ARE NO BUBBLES LEFT



### TIME TO GET OUT OF THE SHOWER

- turn the water off
- grab a towel



6

7

### DRY YOUR BODY

- use the towel to dry your body
- get dressed

