

Name : _____ Date: _____

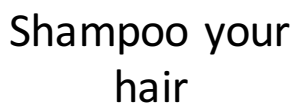
Everyday Speech

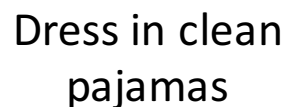
NIGHTTIME HYGIENE

Hygiene is how clean we keep our bodies. It's important to wash up every night so others will want to be around us. It also keeps our bodies clean and healthy!

1. Why should we wash up at nighttime?
2. What could happen if we don't wash or clean ourselves at night?
3. When do you shower, in the morning or at night?

PUT THE STEPS OF A NIGHTTIME ROUTINE IN ORDER

____  Shampoo your hair

____  Dress in clean pajamas

____  Brush teeth

____  Take a shower

____  Dry off

____  Wash face