Name's got her period 



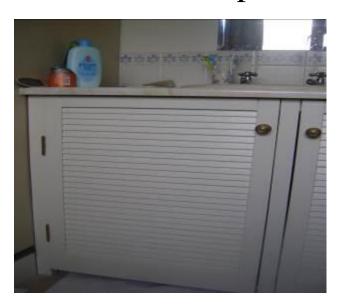
name has blood in her pants



name needs clean pants



name needs a pad



name's pads are in the cupboard



name will get a pad



name puts on her clean pants, she then takes the wrapper of the pad and sticks it in her pants.



name puts the wrapper in the bin.



name puts the pants with blood on them in the washing bin.



It is time for *name* to change her pad.



name washes and dries her hands.



name needs a new pad



name's pads are in the cupboard



name will get a new pad



name takes the old pad out of her pants, folds it up and puts it in a bag and then puts it in the bin.



name takes the wrapper off the new pad and sticks it in her pants.



name washes and dries her hands.



name puts a tick on her chart to say she has changed her pad.



Well done name!!