



*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*!!