



Keeping yourself Healthy



Washing everyday and wearing clean clothes makes you smell good.



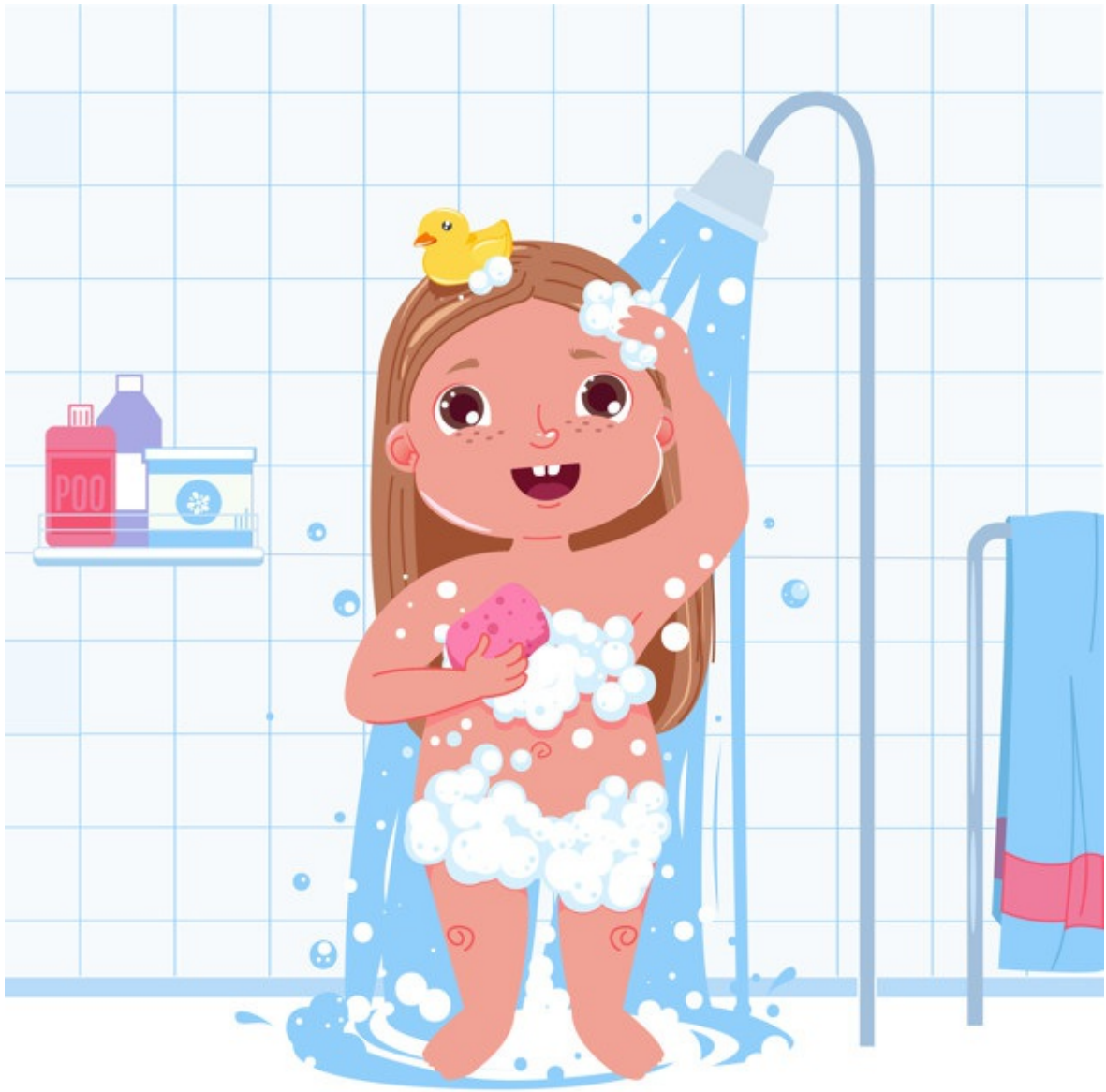
If you don't wash or wear clean clothes your body will smell.



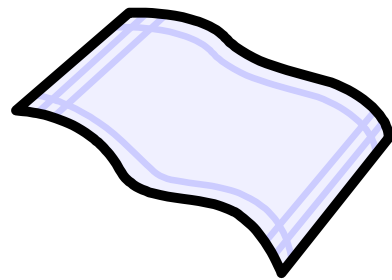
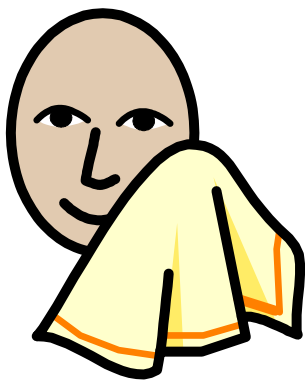
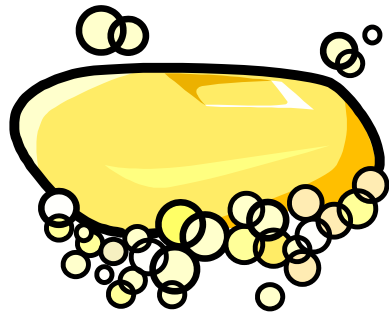
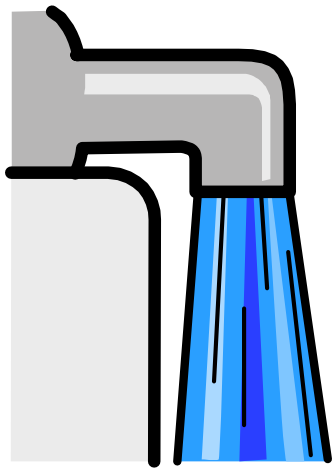
Washing your skin keeps you
healthy.

MON	TUE	WED	THURS	FRI	SAT	SUN
✓	✓	✓	✓	✓	✓	✓

You need to wash your
body everyday.



Give all your body a good
wash.



To keep your body clean you need clean water, soap, facecloth, towel and deodorant.



After washing remember to dry
all over with a clean towel.



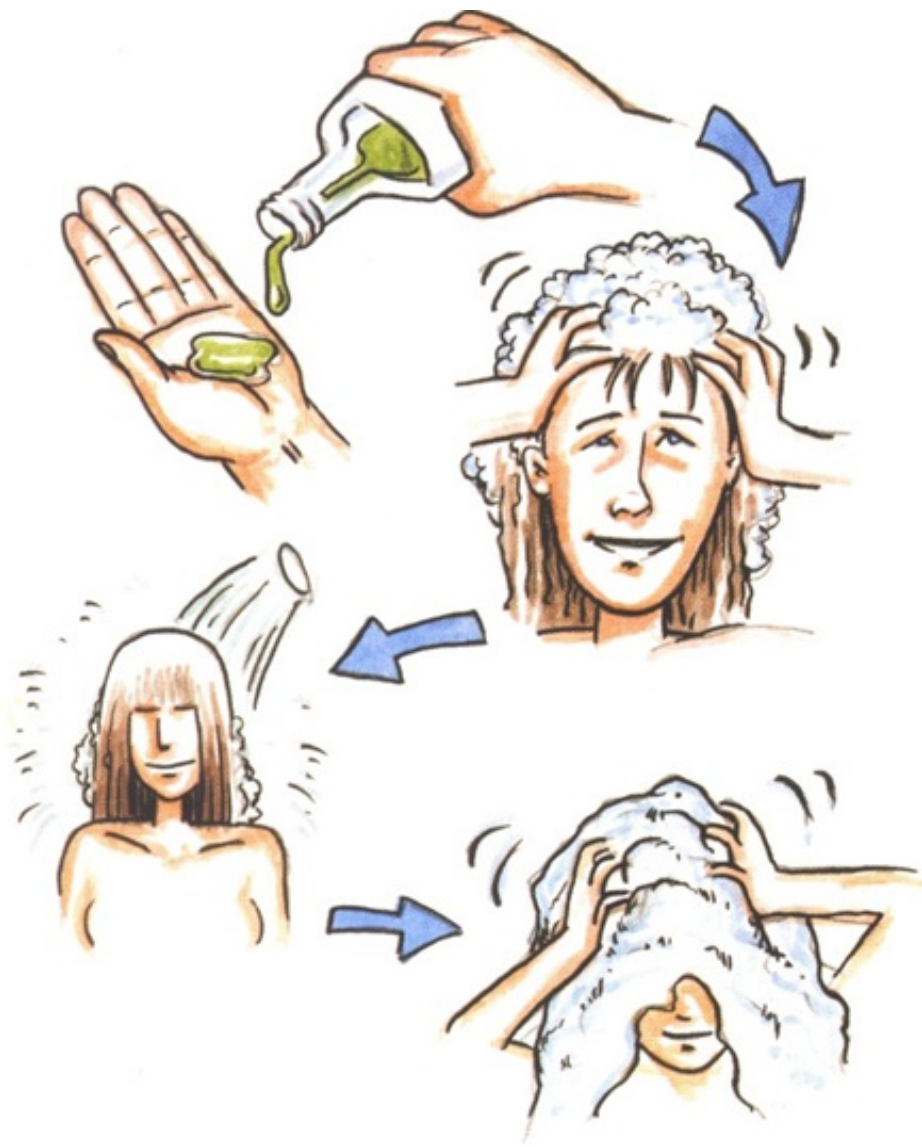
You need to remember to
wash your hair.



If you don't wash your hair it can get greasy, tangled and feel itchy.



Washing your hair can be quite difficult. You may need help to do it.



How to wash your hair.



Dry your hair with a towel, then brush it through. You may want to use a hair dryer.



Smell good, look good, feel
good.