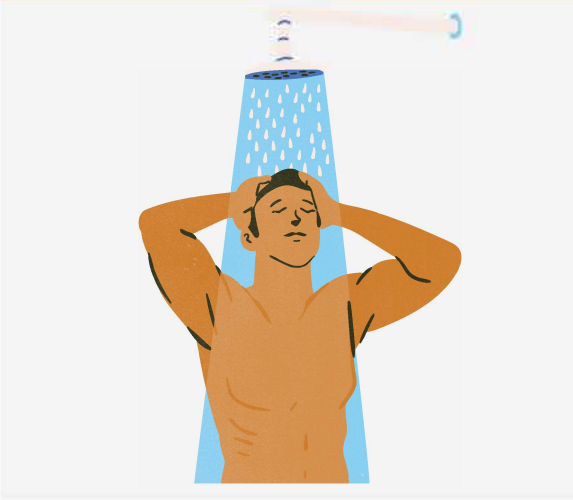
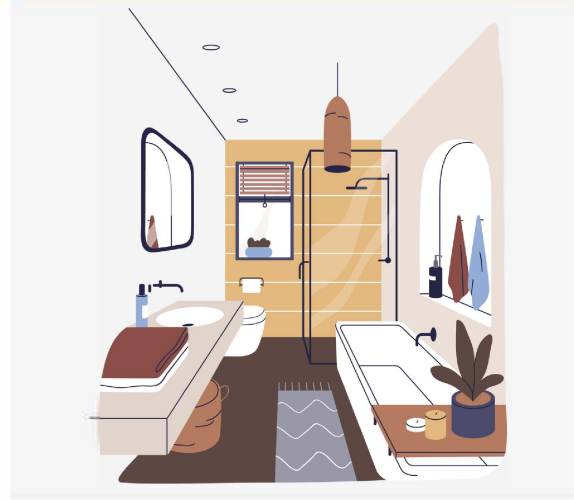


Taking A Shower

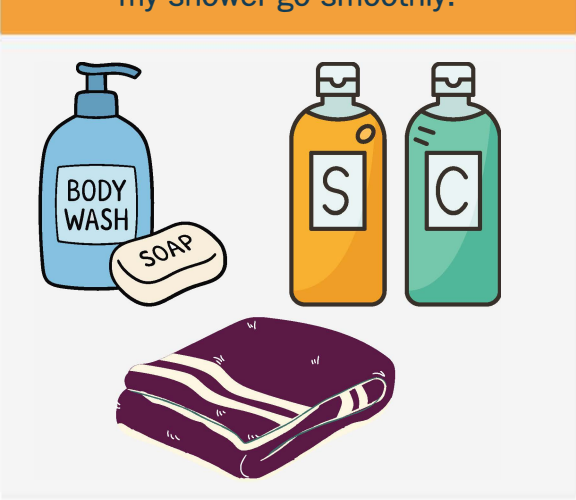
Taking a shower helps keep my body clean and healthy. It can also help me feel calm and refreshed.



First, I go into the bathroom and close the door if I want privacy. I take off my clothes and put them in a safe place.



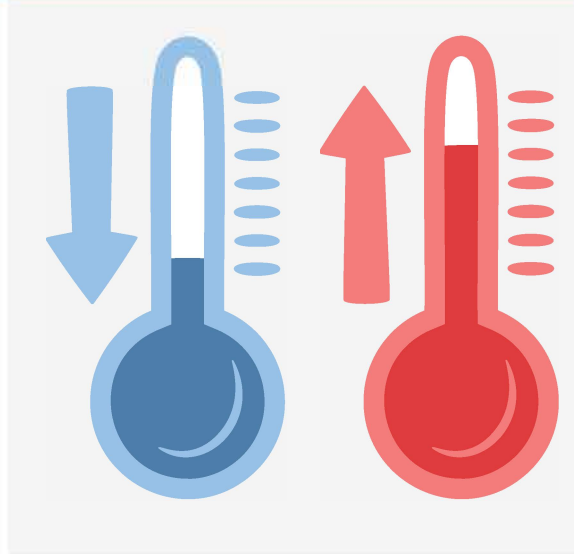
I gather the things I need, which may include soap, body wash, shampoo, conditioner, washcloth, towel, and razor. Having my supplies ready helps my shower go smoothly.



Next, I turn on the shower water. I wait for the water to warm up before I use my hand to check the temperature.



If the water feels too hot, I turn it down. If it feels too cold, I turn it up a little.

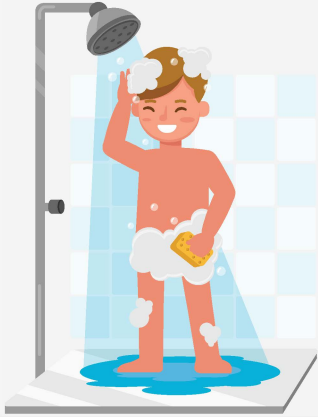


When the water feels comfortable, I step into the shower. I let the water get my body wet.

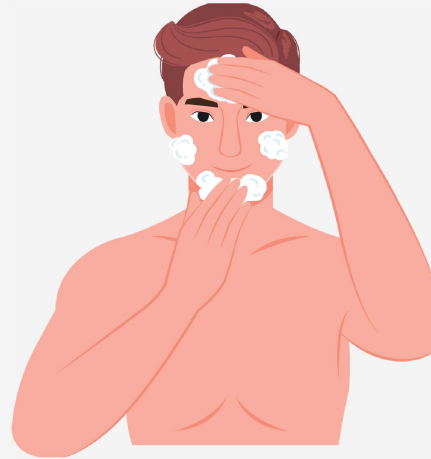


Taking A Shower

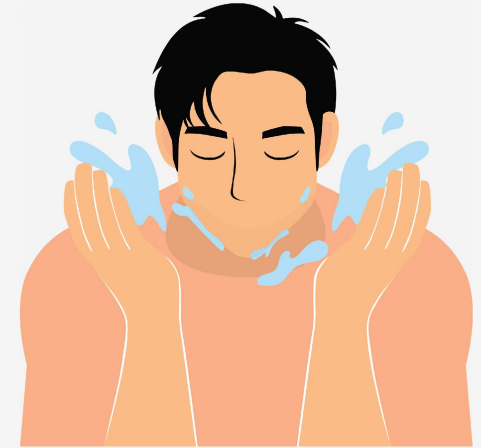
I put soap or body wash on my washcloth or hands. I gently wash my arms, underarms, chest, stomach, legs, feet, and private parts, then rinse the soap off with water.



I can wash my face carefully. I put a small amount of soap or face wash on my hands.



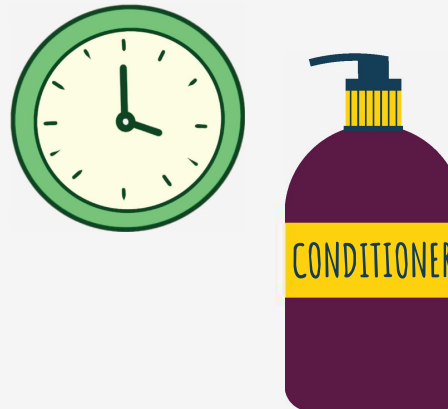
I gently clean my face. I try to keep soap out of my eyes. Then I rinse my face with water.



I put shampoo in my hand and use my fingers to gently scrub my hair and scalp. Then I rinse all the shampoo out with water.



If I use conditioner, I put it in my hair and wait for a short time. Then I rinse it out well.



If I shave, I do it slowly and carefully. I may use shaving cream to protect my skin.



Taking A Shower

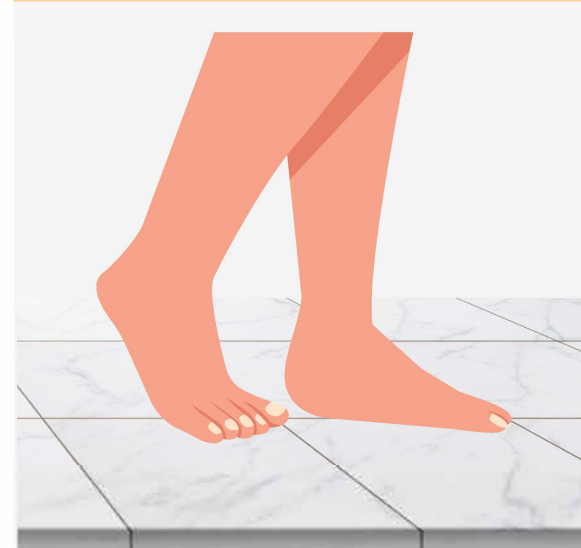
I move the razor gently across my skin. I rinse the razor often. When I am done, I rinse my skin.



When I am done washing, I turn off the water.



I step out of the shower carefully, so I do not slip.



I take my towel and dry my face, hair, arms, legs, feet, chest, stomach, and private parts.



I put on clean clothes. I hang up my towel if needed.



Taking a shower is an important skill. I can feel proud of myself for taking care of my body.

