Taking Care of ME!

Hair

Eyes

Rest your eyes when they get tired, and you can wear sunglasses to protect them from the sun.

Nose

Always use a tissue and don't pick your nose with your fingers.

Hands

Wash your hands with soap and water after using the bathroom and before eating. Keep your nails short and clean.

Clothes

You can change your clothes every day to stay fresh and clean. You can use shampoo and comb or brush your hair to keep it nice and clean.

Ears

Ask a grown-up to gently clean the outside of your ears with a cloth.

Teeth

Use a toothbrush and toothpaste to clean your teeth in the morning and before bed.

Under arms

As you get older, you can use deodorant to stay fresh.

Skin

Use sunscreen and wear clothes that protect you from the sun when you play outside.

Body

Keep your body clean by taking baths or showers often.

Feet

Make sure to wash your feet, especially if they get sweaty.





Taking Care Of Me The Habits Of Happineb Paperback

Jane Clifford O'Brien, Brittany Conners

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