

## How to wash my body in the shower ...

1. Get a towel, pyjamas and clean underwear.
2. Go into the bathroom and close the door.
3. Take off clothes.
4. Open shower curtain or door.
5. Turn on the taps.
6. Check the water temperature.
7. Get into the shower.
8. Wet body.
9. Take a 3cm squirt of soap or shower gel onto sponge or cloth.
10. Wash chest, arms, stomach, legs, feet, toes, face, ears, neck.
11. Wash genital area and bottom.
12. Rinse soap off body.
13. Take a 3cm squirt of shampoo.
14. Wash hair.
15. Rinse hair.
16. Turn off taps.
17. Dry body with towel.
18. Put on clean underwear and pyjamas.
19. Finished.