

Personal Hygiene Checklists

Using the toilet	
	Pull down my pants.
	Sit down.
	Do my business.
	Wipe with paper.
	Flush.
	Pull up my pants.
	Wash my hands.

Brushing my teeth	
	Put water on the brush.
	Put paste on the brush.
	Brush all my teeth.
	Spit.
	Rinse.
	Wipe my mouth.
	Put away brush.

I use the toilet at	
7 a.m.	
10 a.m.	
1 p.m.	
5 p.m.	
9 p.m.	

Brushing my teeth		
7 a.m.	breakfast	
10 a.m.	lunch	
1 p.m.	tea time	
5 p.m.	dinner	
9 p.m.	warm milk	

Countdown to laundry day	
	I changed my clothes.
	LAUNDRY DAY!