

My Shower Routine

Six steps, in the same order, every time

1

WATER ON

Check it is warm, not hot

2

WASH YOUR BODY

Soap all over — arms, chest, back, legs

3

RINSE

All the soap off before you move on

4

SHAMPOO YOUR HAIR

Rub into the scalp, not just the top

5

RINSE YOUR HAIR

Keep going until the water runs clear

6

DRY WITH A TOWEL

Hair, body, and between the toes

Places people forget:

Behind the ears • The back of the neck
Under the arms • Between the toes

Social Skills Program • Hygiene Unit • Week 1 • Hang this on the bathroom wall



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