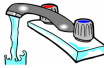






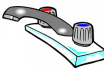
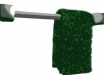




How To Wash Your Hands

-  Turn on the water
-  Get your hands wet
-  Put soap on your hands
-  Rub your hands together and...
-  Wash between your fingers while...
-  Singing the ABCs
-  Rinse your hands
-  Turn off the water
-  Dry your hands














How To Brush Your Teeth

-  Go to sink
-  Get toothbrush
-  Put toothpaste on toothbrush
-  Put cap on toothpaste
-  Brush front teeth
-  Brush back teeth
-  Brush for 2 minutes
-  Spit into sink
-  Rinse toothbrush
-  Rinse mouth with water








How To Take a Shower

-  Go into bathroom and close the door
-  Take off clothes
-  Turn on water
-  Adjust temperature
-  Turn on shower
-  Get in shower
-  Wash hair with shampoo
-  Wash all body parts
-  Turn off water
-  Dry off
-  Get dressed



Steps For Getting Dressed

-  Put on underwear
-  Put on pants
-  Put on shirt
-  Put on socks
-  Put on shoes










Steps For Getting Dressed

-  Put on underwear
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How To Blow Your Nose

-  Get a tissue
-  Hold the tissue over your nose with 2 hands
-  Close your mouth
-  Blow out through your nose
-  Press fingers together underneath your nose to wipe it clean
-  Put the tissue in the trash
-  Wash your hands



My Potty Training Checklist

-  Pull down pants
-  Use potty
-  Wipe
-  Flush
-  Pull up pants
-  Wash hands
-  Turn off light

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