

Why do I have to take a shower?

(Adapted from 'The New Social Story Book' by Carol Gray, 2010)



People take baths or showers to stay clean. People have been doing this for thousands of years. During the Roman Empire, people began washing themselves as a daily ritual. But why do I have to take a shower?

1. To smell good

Taking a shower will make me smell good.

My body sweats during the day and night. Sweat itself does not smell- but the longer it stays on the skin the more it will smell bad. A shower will get rid of the sweat and make me smell good.

2. To get clean

Taking a shower will make me clean.

The shower will get rid of any dirt and germs.

3. To make me feel comfortable

Taking a shower will make my skin feel comfortable.

If my skin is dirty it might make me feel uncomfortable or itchy. Taking a shower will make me feel more comfortable.

4. To make other people feel comfortable

Other people will feel better if I smell clean.

If I smell dirty, other people may feel uncomfortable when they are near me. People may not want to be friends with someone who does not smell clean. If I am clean, it will make them feel better.

People have been taking baths throughout history. I am part of history. By taking a shower, I may be more comfortable and others may also feel more comfortable.