

Taking a bath

It is very important that I take a bath often to be clean. I need to take a bath at least once a week to be clean. For many people, being dirty is a little uncomfortable, even a little itchy. Sometimes, dirty people smell bad. A bath makes their skin feel comfortable again, and makes them smell better too.



I can mark the day when I will take a bath on the calendar. This means that I will not forget to take my bath. These are the steps I can follow to make sure that I am clean.

I need to go into the bathroom by myself. This is important as it keeps my bath private.

I can lock the door or put a 'Do Not Disturb' sign outside the door.

I need to take all my clothes off.

I will put warm water and bubble bath into the bath.

I will rub soap into all the areas around number 1

I will rub soap into all the areas around number 2

I will rub soap into all the areas around number 3

I will rub soap into all the areas around number 4

I will rub soap into all the areas around number 5

I will rub soap into all the areas around number 6

I will rub soap into all the areas around number 7

I will rub soap into all the areas around number 8

I will rub soap on my face, neck and ears.

I will rinse all the soap off.

I will get out of the bath and dry myself.

I will put my clothes back on.

I will feel nice and clean after I take a bath.

