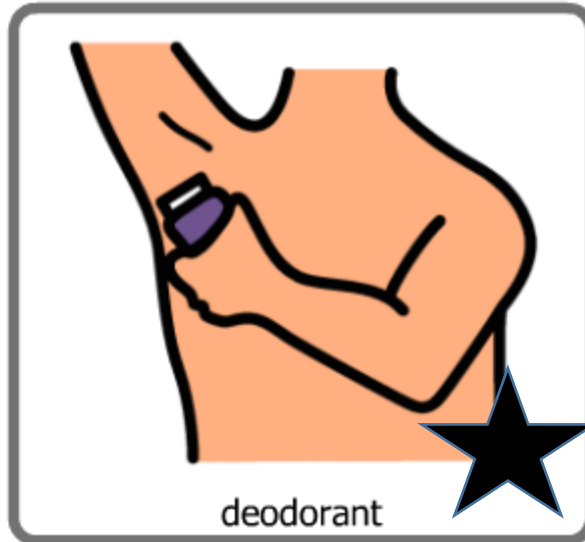
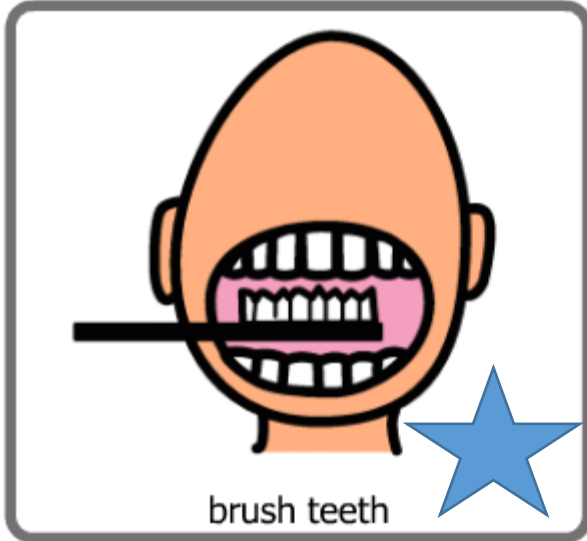







Hygiene Choice Board





Click on the star to follow the steps to complete task.

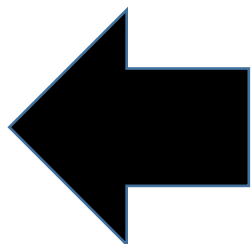


Brushing Teeth

[CLICK for Video](#)

 <p>turn on water</p>	<input type="checkbox"/>
 <p>rinse toothbrush</p>	<input type="checkbox"/>
 <p>turn off water</p>	<input type="checkbox"/>
 <p>put toothpaste on brush</p>	<input type="checkbox"/>
 <p>brush teeth</p>	<input type="checkbox"/>

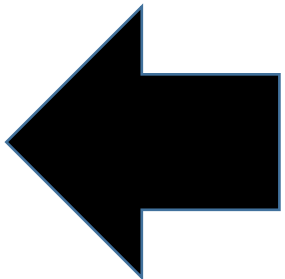
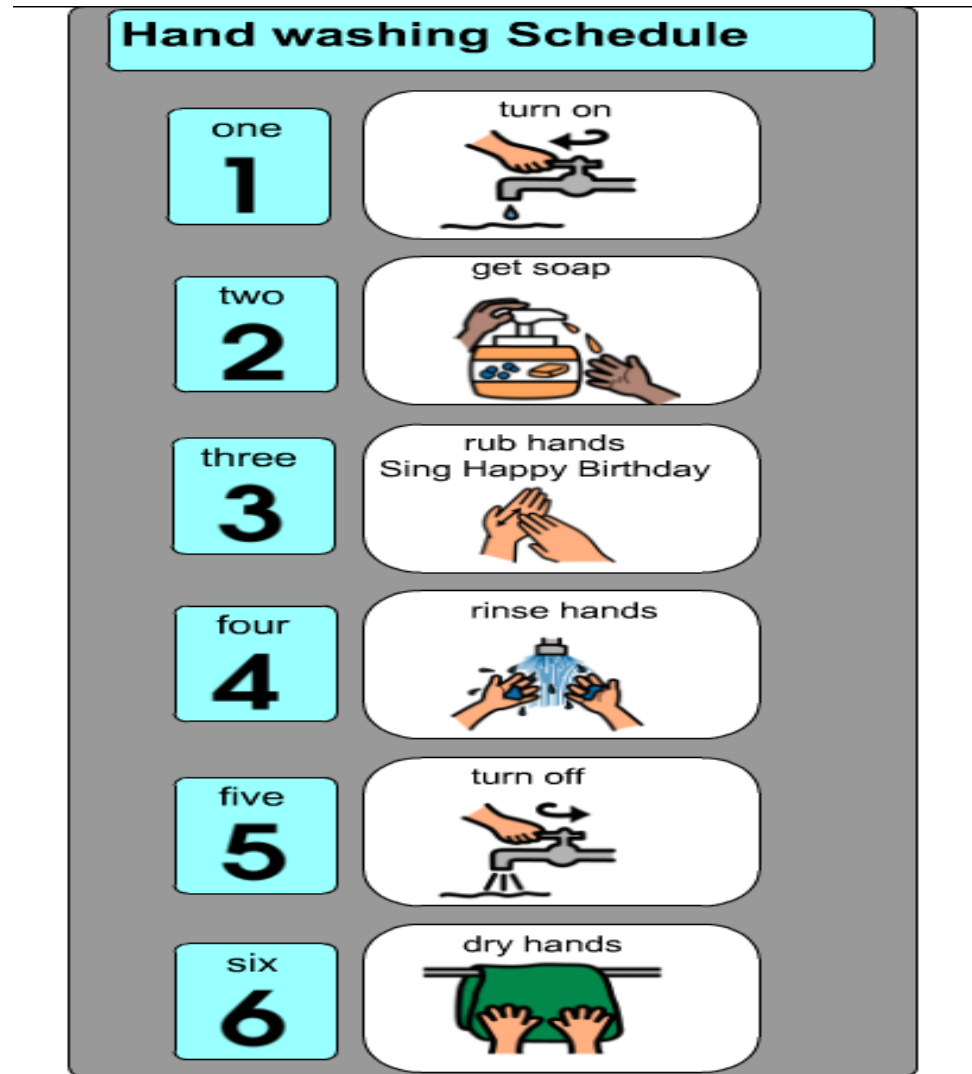
 <p>turn on water</p>	<input type="checkbox"/>
 <p>rinse mouth</p>	<input type="checkbox"/>
 <p>rinse toothbrush</p>	<input type="checkbox"/>
 <p>turn off water</p>	<input type="checkbox"/>





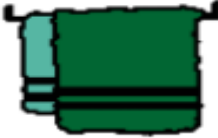

App: Brush Up (This is a great app to use when brushing your teeth)

Hand Washing






Video Modeling: <https://www.youtube.com/watch?v=T98ggC-yanU>

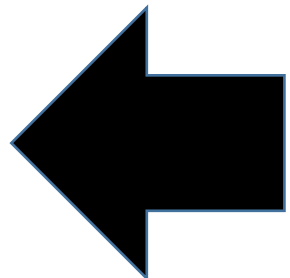


Wash your face!

<p>find washcloth</p> 	<p>get wet</p> 	<p>scrub face</p> <p>forehead ears nose</p>  <p>cheeks mouth chin</p>	<p>rinse and hang up washcloth</p> 	<p>dry face</p> 
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Wash your face!

<p>find washcloth</p> 	<p>get wet</p> 	<p>scrub face</p> <p>forehead ears nose</p>  <p>cheeks mouth chin</p>	<p>rinse and hang up washcloth</p> 	<p>dry face</p> 
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Brush/ Comb Hair

[CLICK for Brush Hair Video](#)

Brush Hair

Get brush/comb



Brush hair



Check in mirror



Put brush away



[CLICK Comb Hair Video](#)

Comb Hair



Get comb



turn on water



get comb wet



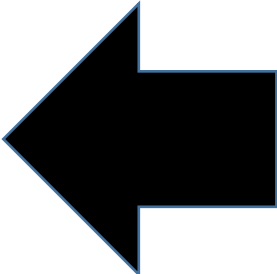
wet your hair



comb hair



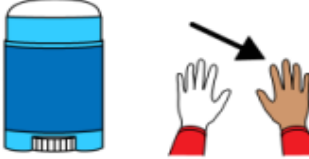



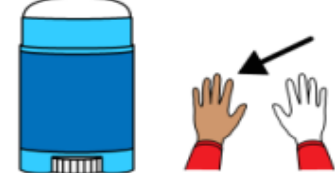




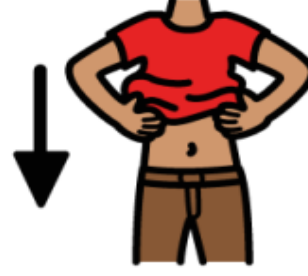


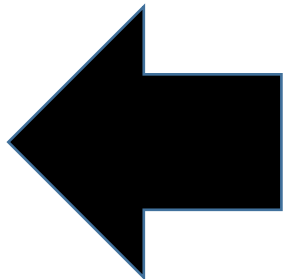
check hair in mirror



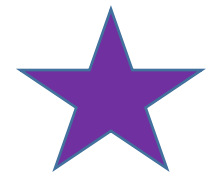
Applying Deodorant

Put on deodorant

<p>Lid off</p>   <p>deodorant</p>	<p>Hold deodorant container in RIGHT hand</p>  <p>deodorant</p>	<p>Put it under your LEFT arm.</p> 
<p>Rub in armpit 4 times (up, down, up, down)</p>  	<p>Switch--hold deodorant container in LEFT hand</p> 	<p>Put it under your RIGHT arm.</p> 
<p>Rub in armpit 4 times (up, down, up, down)</p>  	<p>Put lid on</p> 	 <p>put shirt on</p>



[Get your body ready for the day!! Click Here](#)



Stretching Choices



Touch Toes



Arm circle



Cross Arm



Reach to the Sky



Squats



Marching



Quad Stretch



Trunk Twist

