My Shower Book

It is important to keep my body clean.

When I am clean, I smell nice.

Some people like to shower in the morning.

Some people like to shower in the night.

I use shampoo to clean my hair. Squeeze a little shampoo in my hand and rub, rub, rub it in my hair. Then I rinse my hair until all the shampoo is out and it smells so good.

I use conditioner in my hair to make it soft. Squeeze a little conditioner in my hand and rub, rub, rub it in my hair. Then I rinse all the conditioner out of my hair and it’s so soft.

Next, I wash my body. The soap goes on my washrag and I wash all over my body. I make sure I wash my face, under my arms and all the way down to my toes. There are lots of suds on me. Now, I will rinse all the suds off and I smell so good!

When my body and hair are clean, I feel great! I get out of the shower and dry off with a towel.

Now it is time to comb my hair. Combing my hair makes it look very nice.

Next, I will brush my teeth. I place a small amount of toothpaste onto my toothbrush. It is important to keep my teeth clean and it helps my breath to smell good! I brush all my teeth, the top teeth and the bottom teeth. After spitting out the toothpaste I rinse my mouth with clean water.

Finally, I put on deodorant. I am a growing young man and sometimes my underarms sweat and smell bad. I put deodorant under my arms. This helps me smell so good!!

Taking a shower, washing my hair and my body and combing my hair, brushing my teeth and putting on deodorant makes me smell nice and clean!

All done!