



shower chart



wet



body

+

and



hair



wash hair

with



shampoo

+

and



rinse hair



Use

shower gel

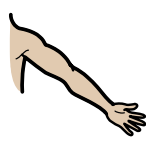
too



wash



wash



arms

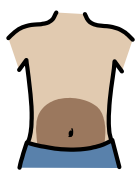
and



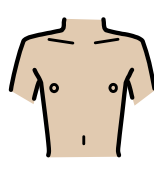
underarms



wash

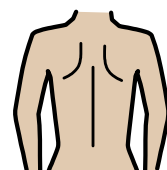


tummy



chest

and



back



wash



legs

+

and



feet



rinse

off

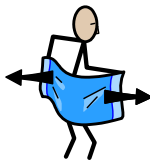


shower gel



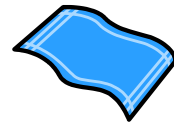
Dry hair

and



body

with a



towel

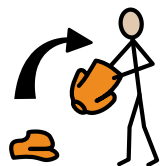
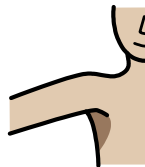


put on

deodorant

-

underarms



get dressed

into

clean clothes

