Washing Hands



It is important to wash my hands.



I wash my hands before I eat.



After I use the rest room, I wash my hands.



Sometimes my hands look dirty.



I can wash the dirt off my hands.





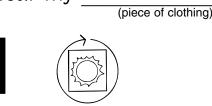
Washing my hands keeps me healthy.

Health & Hygiene – Healthy Habits Adolescent Social Skills Lessons

Wearing Different Clothes



I like to wear my



I can wear it one day.



The next day I choose a different

(piece of clothing)

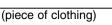


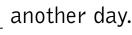
It is okay.



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I can wear my





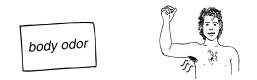


It is okay to wear different clothes.

Using Deodorant



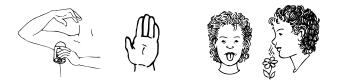
My underarms smell bad when I sweat.



This is called "body odor."



People don't like to smell body odor.



Deodorant stops the bad smell.





I can put deodorant under my arms.



I will try to wash and use deodorant every day.

Health & Hygiene – Grooming Adolescent Social Skills Lessons