

Table of Contents

Introduction 4

Part 1: Staying Clean

Brushing My Teeth

Say Web and Template..... 7

Do Web and Template 9

Washing My Face

Say Web and Template..... 11

Do Web and Template 13

Fixing My Hair

Say Web and Template..... 15

Do Web and Template 17

Washing My Hair

Say Web and Template..... 19

Do Web and Template 21

Taking a Shower

Say Web and Template..... 23

Do Web and Template 25

Using Deodorant

Say Web and Template..... 27

Do Web and Template 29

Wearing Clean Clothes

Say Web and Template..... 31

Do Web and Template 33

Washing My Hands

Say Web and Template..... 35

Do Web and Template 37

Cleaning Up

Say Web and Template..... 39

Do Web and Template 41

Part 2: Staying Healthy

Exercising

Say Web and Template..... 43

Do Web and Template 45

Eating Healthy Foods

Say Web and Template..... 47

Do Web and Template 49

Visiting the Doctor

Say Web and Template..... 51

Do Web and Template 53

Visiting the Dentist

Say Web and Template..... 55

Do Web and Template 57

Coughing Appropriately

Say Web and Template..... 59

Do Web and Template 61

Sneezing Appropriately

Say Web and Template..... 63

Do Web and Template 65

Blowing My Nose

Say Web and Template..... 67

Do Web and Template 69

Taking Medicine

Say Web and Template..... 71

Do Web and Template 73

Getting Enough Sleep

Say Web and Template..... 75

Do Web and Template 77

Chewing with My Mouth Closed

Say Web and Template..... 79

Do Web and Template 81

When I Have a Cold

Say Web and Template..... 83

Do Web and Template 85

Following Safety Rules

Say Web and Template..... 87

Do Web and Template 89

Parent/Guardian Letter 91

Web Information Form 92

Web Progress Chart 93