



MY HYGIENE ROUTINE



♡ Good hygiene helps me stay healthy, clean and happy every day! ♡



MORNING ROUTINE

1



Eat breakfast

I eat a healthy breakfast to give me energy.

2



Brush my teeth

I brush my teeth to keep them clean and strong.

3



Wash my face

I wash my face to feel fresh and clean.

4



Brush my hair

I brush my hair to keep it neat and tangle-free.

5



Get dressed

I put on clean clothes to feel ready for my day.



NIGHT ROUTINE

1



Brush my teeth

I brush my teeth to keep them clean and strong.

2



Wash my face

I wash my face to get rid of dirt and feel fresh.

3



Bath or shower

I wash my body to stay clean and fresh.

4



Put on pyjamas

I put on my pyjamas so my body can rest.

5



Go to bed

I go to bed clean and ready for a good night's sleep.

♡ Clean body, healthy me! ♡