PERSONAL HYGIENE









PICTURE SEQUENCES + CHECKLISTS + CARDS

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This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a line or a box, type, and Save As.
- The name lines, the checklists, the week tracker, the write-the-steps page, the class roll-up, the family note and every notes area are type-in fields. You can also print any page and write by hand.
- It works offline. No account, no subscription, no internet connection needed after you download it.

Print at 100 percent

Turn off fit to page and shrink to fit so the cut pieces keep their size. Every page is readable in black and white, and each cut sheet comes in a color set and an ink-saver set. Posters look best on cardstock; cards are fine on copy paper.

About these routines

These pages show common picture routines. Your team, your school and each family decide how a personal-care routine is taught, and what a student does by themselves. Change any step, skip any step and add your own on the blank lines.

Need help?

If a field will not behave or a page will not print the way you expect, use Ask a Question on the product page before leaving a review. Every question is read, and a fix to the file ships as a free update.

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PREVIEW

Start Here

Picture routines for washing, brushing and getting ready. One picture for every step.

Three steps

- **Hang a poster.** Print the routine you are teaching (pages 7 to 11) and read each step out loud with the picture.
- **Cut and order.** Cut the cards (pages 12 to 19), mix it up, and glue the steps in order on the mat (pages 20 to 23).
- **Check it each day.** Use the day checklist (page 25) and the week page (27); use the roll-up (page 29) to see where each child is.

Which page, when

When...	Use...
I want the steps on the wall	Posters, pages 7 to 11
A child can read the pictures, not the words	Cut cards, pages 12 to 19
A child needs the steps at the sink	Print a poster small, or the ink-saver cards
We are matching things to jobs	Items match, page 24
I need a daily check	Checklist, page 25 (color) or 26 (ink-saver)
A child is ready to write	Write the steps, page 28
I want to see how the class did	Roll-up, page 29; filled example, page 30

What is inside (33 pages)

- **5 wall posters**: wash hands, brush teeth, bath or shower, comb hair, clean clothes.
- **4 cut-and-order sequences** of 5 steps, each in color and in ink-saver (48 pieces on 8 cut sheets), and 4 glue-in order mats.
- **Student pages**: an items match (8 items), a day checklist in color and in ink-saver, a week page and a write-the-steps page, all with room to write.
- **Teacher pages**: how to use it, an answer key, a class roll-up with a filled example, a family note, a phrase bank.

Notes for the team

PREVIEW

Answer Key

The order of every picture routine, and the items match.

Wash Hands (cut sheets: pages 12 and 13)

1. Turn on the water.
2. Wet your hands. Add soap.
3. Scrub your hands.
4. Rinse off the soap.
5. Dry your hands.

Reading across, then down, the six pieces are steps: **3, left over, 1, 5, 2, 4**. The left-over piece is "Brush your teeth."

Brush Teeth (cut sheets: pages 14 and 15)

1. Get your toothbrush.
2. Wet the brush.
3. Brush your teeth.
4. Rinse at the sink.
5. Look in the mirror.

Reading across, then down, the six pieces are steps: **4, 1, left over, 2, 3, 5**. The left-over piece is "Comb your hair."

Bath or Shower (cut sheets: pages 16 and 17)

1. Get the water ready.
2. Wash with soap.
3. Rinse off.
4. Dry with a towel.
5. Put on clean clothes.

Reading across, then down, the six pieces are steps: **2, 4, left over, 1, 3, 5**. The left-over piece is "Comb your hair."

Clean Clothes (cut sheets: pages 18 and 19)

1. Put dirty clothes in the hamper.
2. Put on a clean top.
3. Put on clean pants.
4. Put on clean socks.
5. Check the mirror.

Reading across, then down, the six pieces are steps: **5, 3, 1, left over, 4, 2**. The left-over piece is "Wash your hands."

Items match (page 24)

Picture	Letter
toothbrush	C
soap	G
towel	E
comb	A
mirror	H
sink	F
tub	B
laundry	D

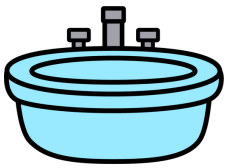
Comb Hair poster (page 10)

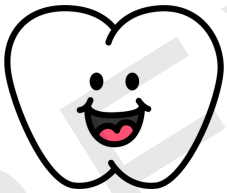
1. Get your comb.
2. Comb your hair.
3. Look in the mirror.

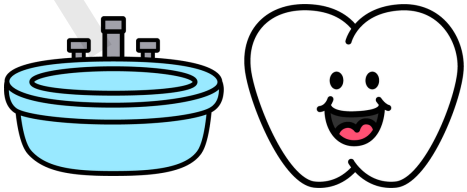
PREVIEW

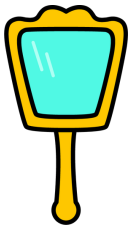
Brush Teeth

1.  Get your toothbrush.

2.  Wet the brush.

3.  Brush your teeth.

4.  Rinse at the sink.

5.  Look in the mirror.

Do the steps in order.

PREVIEW

Preview · Bright Path Sped

Comb Hair

1



Get your comb.

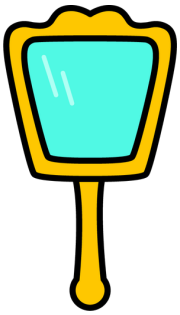
2





Comb your hair.

3

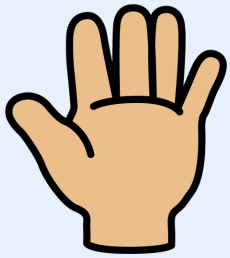


Look in the mirror.

Do the steps in order.

PREVIEW

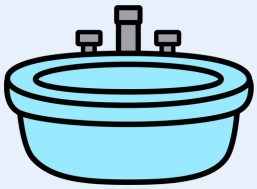
✂ Cut the pieces. One is left over.



Scrub your hands.



Brush your teeth.



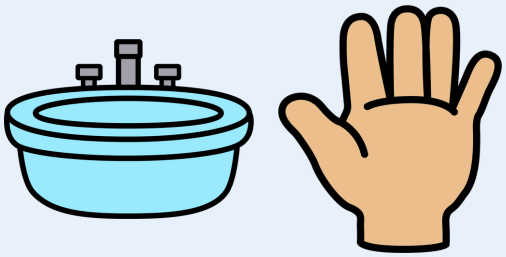
Turn on the water.



Dry your hands.



Wet your hands. Add soap.

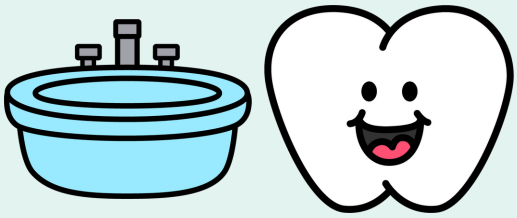
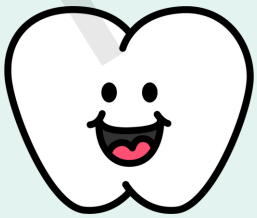


Rinse off the soap.

Glue the steps on the Wash Hands mat.

PREVIEW

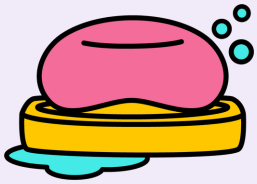
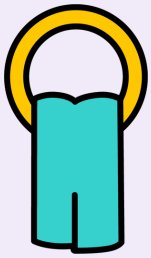
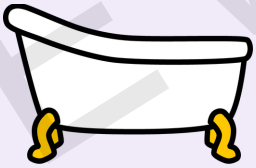
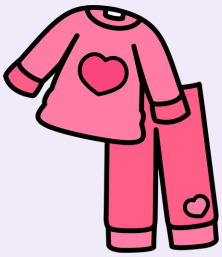
✂ Cut the pieces. One is left over.

 Rinse at the sink.	 Get your toothbrush.
 Comb your hair.	 Wet the brush.
 Brush your teeth.	 Look in the mirror.

Glue the steps on the Brush Teeth mat.

PREVIEW

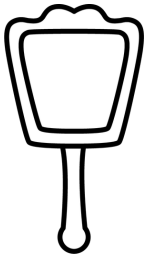
✂ Cut the pieces. One is left over.

 Wash with soap.	 Dry with a towel.
 Comb your hair.	 Get the water ready.
 Rinse off.	 Put on clean clothes.

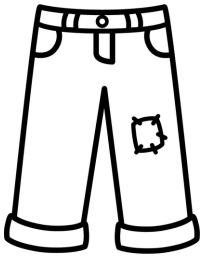
Glue the steps on the Bath or Shower mat.

PREVIEW

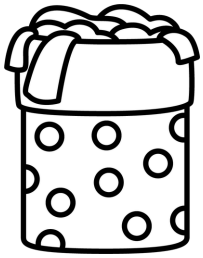
✂ Cut the pieces. One is left over.



Check the mirror.



Put on clean pants.



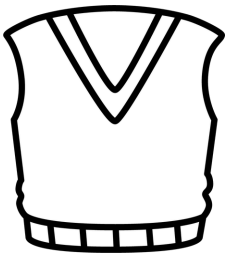
Put dirty clothes in the hamper.



Wash your hands.



Put on clean socks.



Put on a clean top.

Glue the steps on the Clean Clothes mat.

PREVIEW

My name _____

Glue the steps in order.



Wash Hands

1

2

3

4

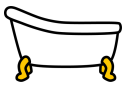
5

Left over

PREVIEW

My name _____

Glue the steps in order.



Bath or Shower

1

2

3

4

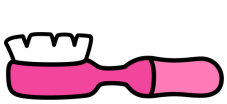
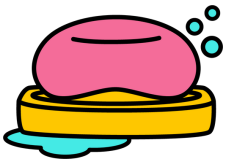
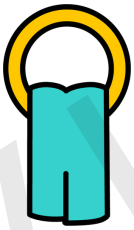
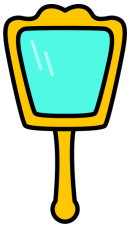
5

Left over

PREVIEW

My name _____

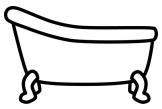
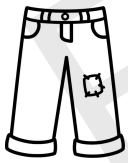
Match each picture to its job. Write the letter.

A Comb my hair	 ☐	 ☐
B Take a bath in it	 ☐	 ☐
C Brush my teeth	 ☐	 ☐
D Dirty clothes go in it	☐	☐
E Dry off with it	 ☐	☐
F Turn on the water here	☐	☐
G Makes bubbles when I wash	☐	 ☐
H Look at myself	☐	☐

PREVIEW

My name _____

Make a mark when you do it.

My day	Morning	Night
 Wash my hands		
 Brush my teeth		
 Bath or shower		
 Comb my hair		
 Clean clothes		
My own _____		
My own _____		

PREVIEW

My name _____

Write the steps in order.

My routine _____

1 _____

2 _____

3 _____

4 _____

5 _____

One more thing I do to stay clean _____

PREVIEW

Filled Example: One Class

Room 6 (invented class). The class, the names and every mark on this page are invented. I = by myself, R = with a reminder, H = with help.

Student	Hands	Teeth	Body	Hair	Clothes
Ava	I	I	R	I	I
Ben	R	R	H	R	I
Cora	I	I	I	I	I
Dev	H	R	H	H	R
Esi	I	R	R	I	I
Finn	R	H	H	R	R

Counting each routine

Routine	I: by myself	R: reminder	H: help
Hands	3	2	1
Teeth	2	3	1
Body	1	2	3
Hair	3	2	1
Clothes	4	2	0

Reading the marks

6 children, 5 routines: 30 marks. 13 of the 30 were I, and 6 were H. **Clothes** was done by themselves by 4 of 6; **Body** by 1 of 6. Cora did all 5 by themselves.

What the team did next

The team picked **Body** to practice next, since 3 of 6 needed help and 2 a reminder. They hung the Bath or Shower poster (page 9) and gave Ben and Dev and Finn the cards to cut and order.

What this example is not

One invented class. It sets no typical level and says nothing about any child. Use your own roll-up (page 29) with your own students.

PREVIEW

A Note to Families

One page to send home when you start a picture routine.

Date _____ Class _____ Teacher _____

Dear families,

In our room we are practicing picture routines for getting ready, like washing hands, brushing teeth and putting on clean clothes. Each step has a picture, so your child can see what comes next. You decide how these routines go at home; this page is only to share what we are practicing.

This week we are practicing

_____

_____

You can try this together

Ask your child to show you the steps on the picture cards. Point to each picture, say the step out loud, and do it. You can print the cards and keep it by the sink.

_____

_____

Our family routine (your words)

_____

_____

A note from me (your words)

_____

_____

Thank you, (teacher) _____ Family signature, if your school asks for one _____

PREVIEW