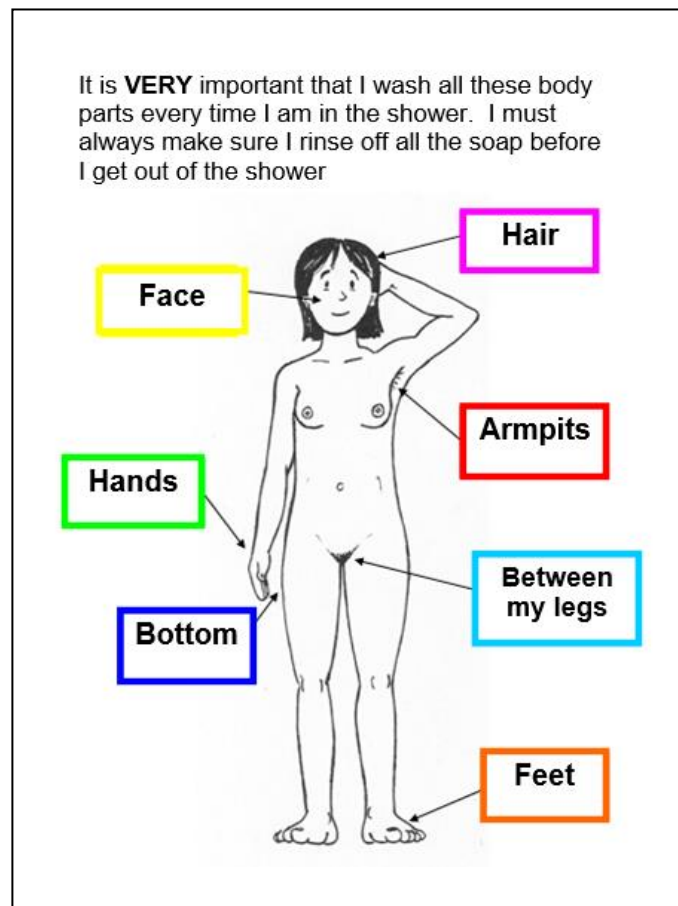




# Showering Checklist for a Teenage Girl

To make a visual checklist for a teenage girl showering;

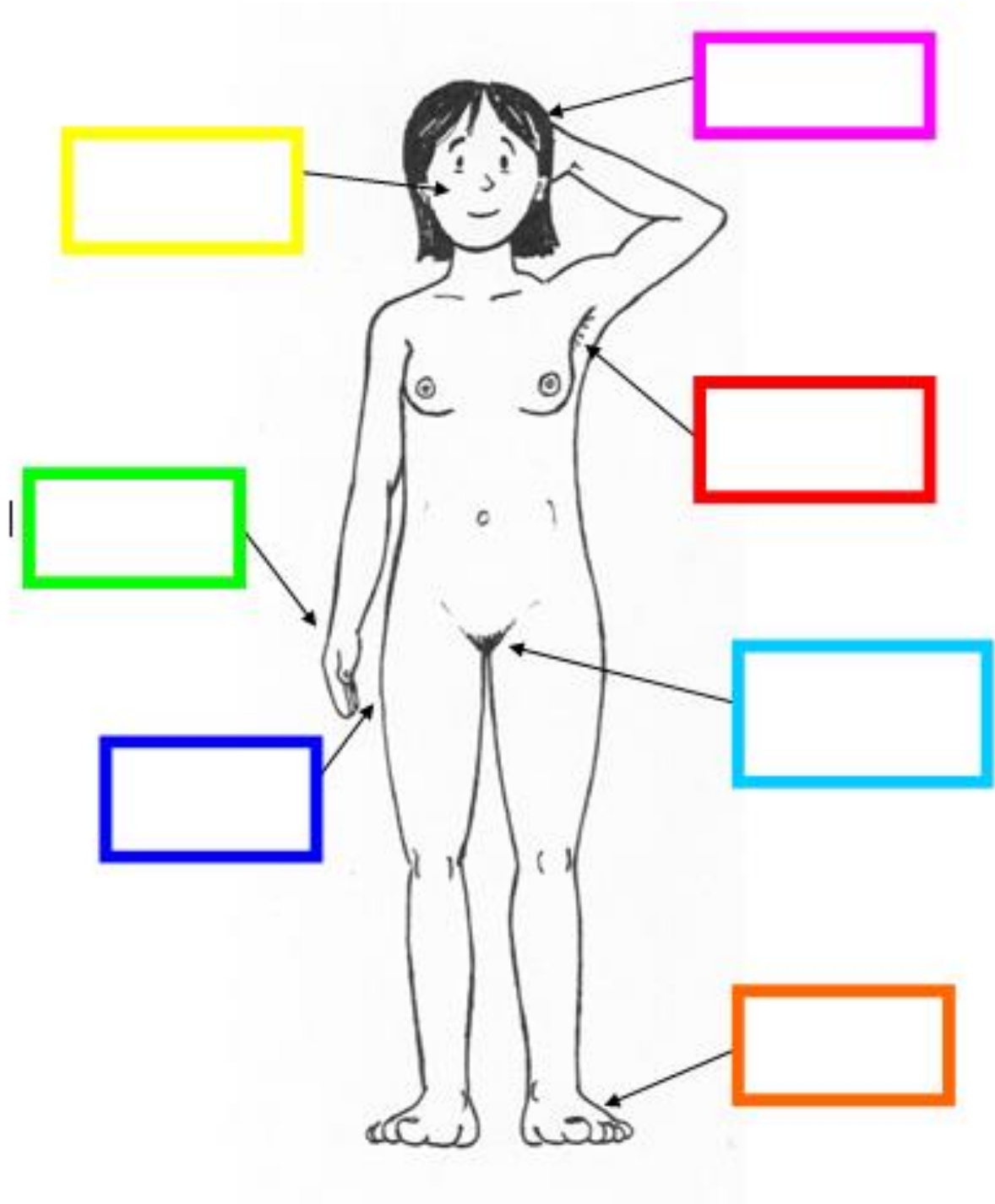
- The attached sheets should be printed off.
- Both sheets should be laminated if possible, in order to survive the damp conditions of a bathroom. If this isn't possible try putting the main sheet into a poly pocket and sealing the top with sellotape.
- Cut round the labels on sheet 2 leaving the colour border around each word intact.
- Use either Velcro dots or blue tack to attach the body part labels to the colour coded boxes on the main sheet as per the diagram below.
- As your child washes each area teach them to remove the appropriate label from the diagram. This will provide them with a visual prompt as to what areas require to be washed and what areas have already been washed.



**N.B** If your child does not require to wash her hair everyday then simply do not stick the hair label on the diagram that day.



It is **VERY** important that I wash all these body parts every time I am in the shower. I must always make sure I rinse off all the soap before I get out of the shower.





**Hair**

**Face**

**Armpits**

**Hands**

**Between  
my legs**

**Bottom**

**Feet**