

Skin Care

It is important to keep our hands clean. Clean hands help me stay healthy!



I can keep my hands clean with hand sanitizer.



I can keep my hands clean by washing with soap and water.



I can sing “Happy Birthday” 2 times – that is how long I wash my hands!



★HAPPY★
BIRTHDAY!

★HAPPY★
BIRTHDAY!

Skin Care

It is important to wash the skin on my body, too!

If it is hard to reach a part of my body, I can use a long-handled sponge.



Moisturizer helps dry skin and keeps the skin on my hands and body healthy.



I can wear gloves after I put on moisturizer to help with dryness, or protect my hands from feeling greasy or sticky.



I can also drink water to keep my skin healthy.



I can take care of my skin! Taking care of my skin keeps me healthy!