

Showering



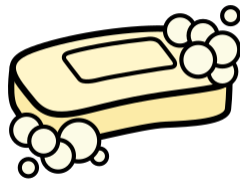
To keep clean and healthy, we have to wash our body.



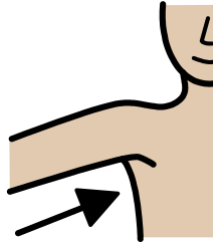
It is good to wash our body with warm water and soap in the shower.



1. Get in the shower and wet your body.



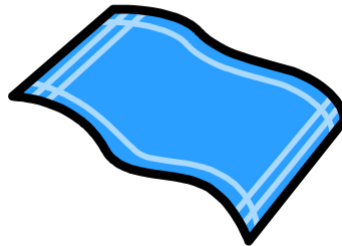
2. Use a sponge with soap and make lots of bubbles.



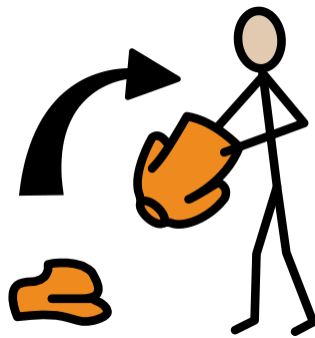
3. Rub the sponge under your arms and between your legs.



4. Use the water to rinse all the bubbles away.



5. Use a towel, rub it on your body until it is dry.



6. Now you can get dressed.