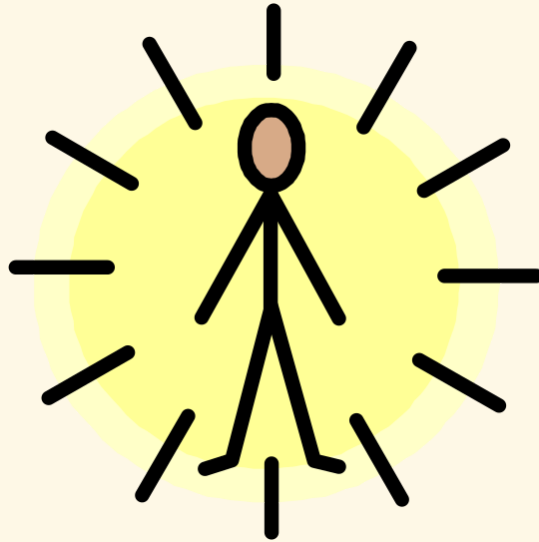
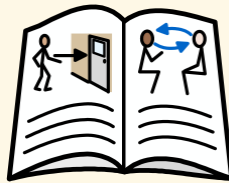




# Taking Care of My Body



A Story to Help



# **Taking Care of My Body**

## **Symbol Supported Story to Help**

Published by Widgit Software Ltd

Tel: 01926 333680

Email: [info@widgit.com](mailto:info@widgit.com)

Web: [www.widgit.com](http://www.widgit.com)

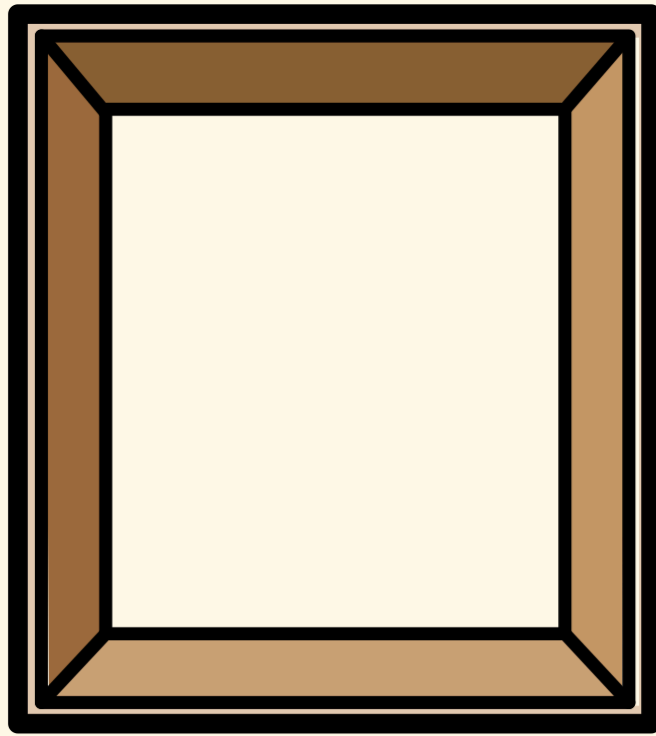
Story written and created in collaboration with Lynn McCann, Autism Specialist at Reachout ASC and author of 'Stories that Explain' published by LDA.

Web: <https://reachoutasc.com/>

Facebook: <https://www.facebook.com/ReachoutASC>

This resource was made primarily with a single skin-tone as it is intended to be used with a specific person. To personalise the story, you can customise skin-tones, change symbol colours and add your own photos. For more information on how to do this, access our free training webinars at <https://www.widgit.com/training/index.htm>

All of the materials are copyright. Files and documents printed from those files may be used within the purchasing organisation. They may not be passed to other centres.



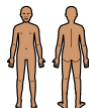
My name is .....



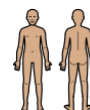
I am in .....



class.



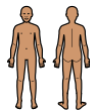
When people grow, their bodies change.



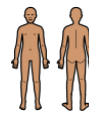
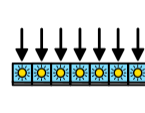
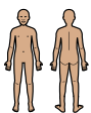
People can learn to be healthy and look after their bodies.



It is good to look after our bodies.



Being healthy means it is good to clean our bodies every day.



Our bodies are precious.



It is good to look after them.





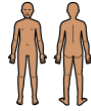
If people



don't



look after



their bodies



they could have



health issues:



▪ sore



teeth



▪ tangled hair



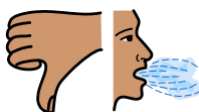
▪ itchy skin



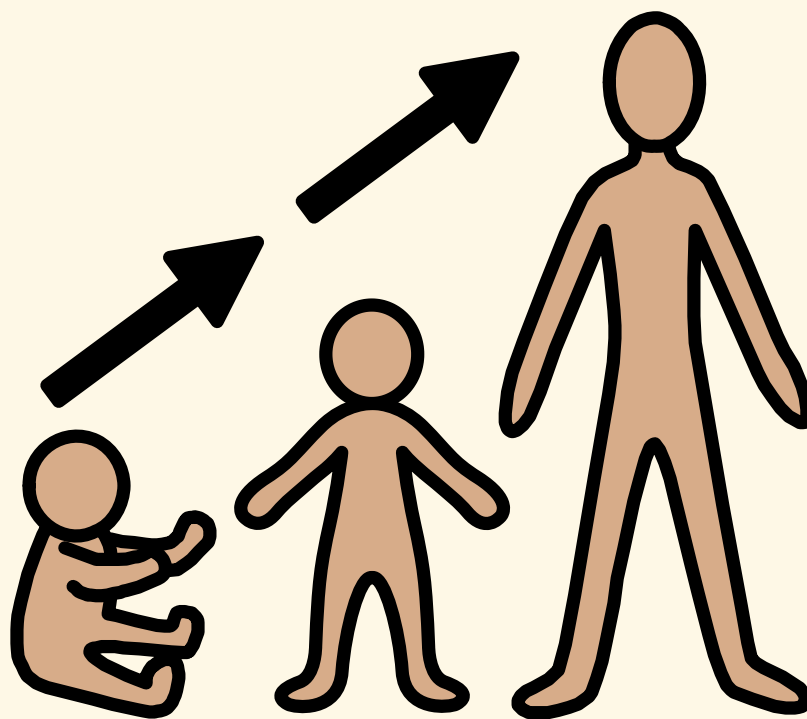
▪ smelly armpits

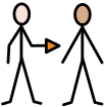
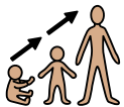


▪ spotty skin



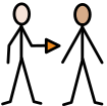
▪ bad breath



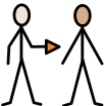
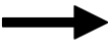





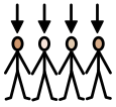

 As you grow, you will notice changes to your body.

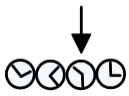


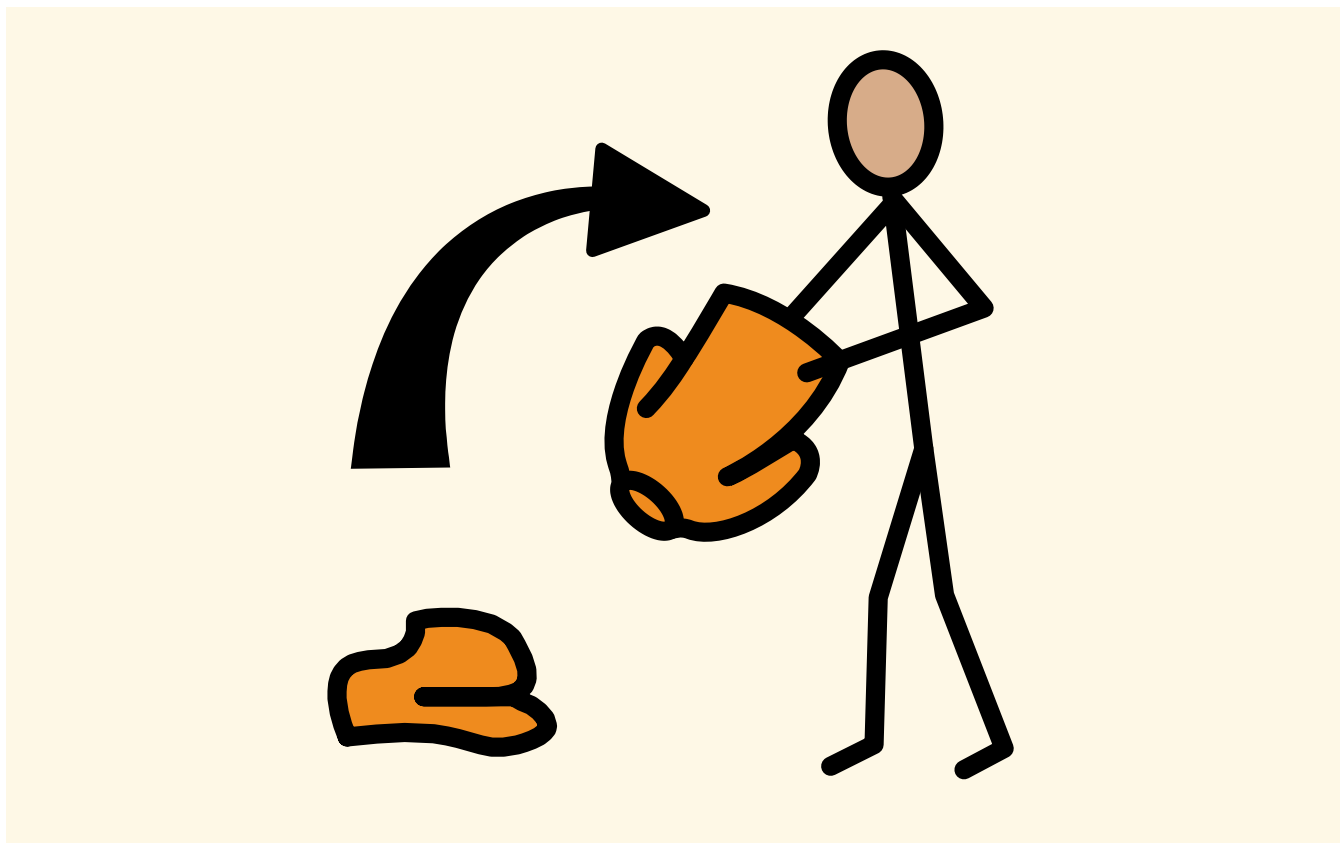

 You will sweat more.

 You may get spots.





 Nearly everyone gets spots at sometime.



I can try to dress myself.



I can try to be clean.

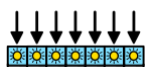


I can try to be comfortable in my clothes.



Looking in a mirror might help.





Every day



I can try

to



brush my teeth.



I could try



different



flavours

of



toothpaste.



I could try



listening to



a song



to help me



brush my teeth.

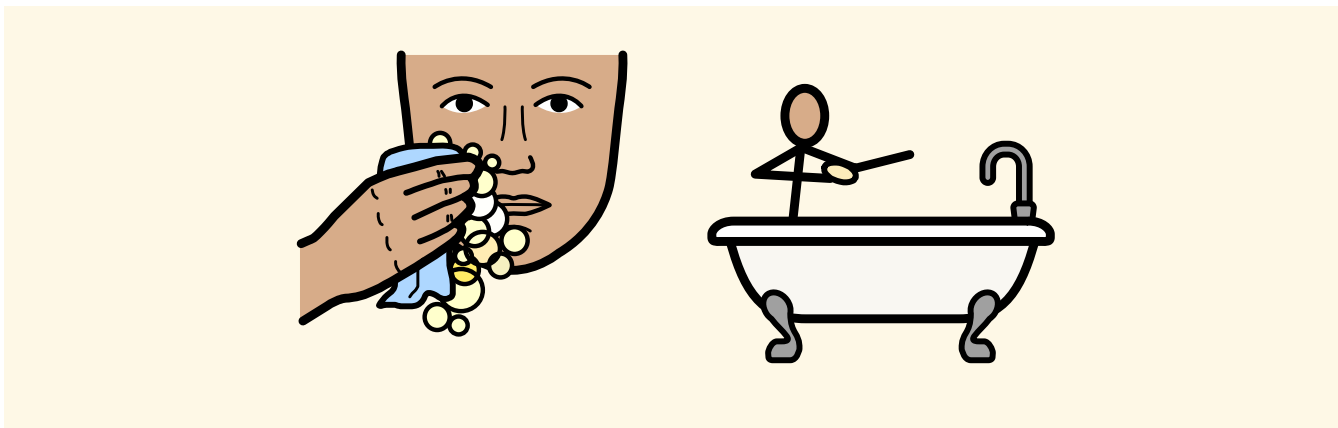
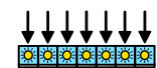


This might

be



fun.



Every day

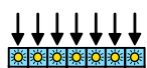


I can try

to



brush my hair.



Every day



I can try

a



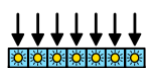
soft



brush



for my hair.



Every day



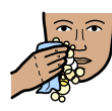
I can try

to



wash my hands

and



face.



I can try

to

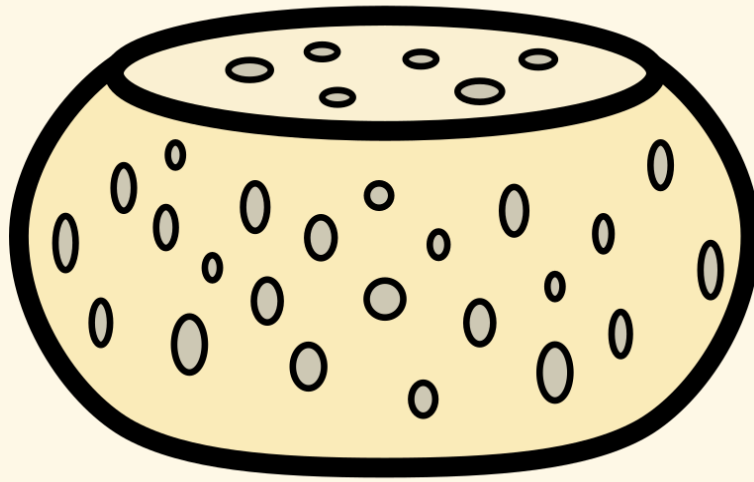


have a bath

or



shower.



My parents or carers



can help



me.



I could try

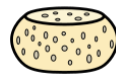


different



cloths

and



sponges.



Some might

be



rough

and



some might

be



soft.

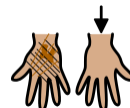


I can work out



what is best for me

to



stay clean.



I could try



different



soaps,



shower gels

and



shampoos.



Some soaps,



shower gels

and



shampoos



smell



a lot.



Some soaps,



shower gels

and



shampoos



smell



a little.

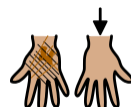


I can work out

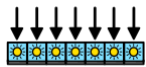


what is best for me

to



stay clean.



Every day



I can put on



comfortable



clean clothes.



I can put



dirty clothes

in the



washing basket.



Dirty clothes



might have



dirt

on



them.



Dirty clothes



might



smell

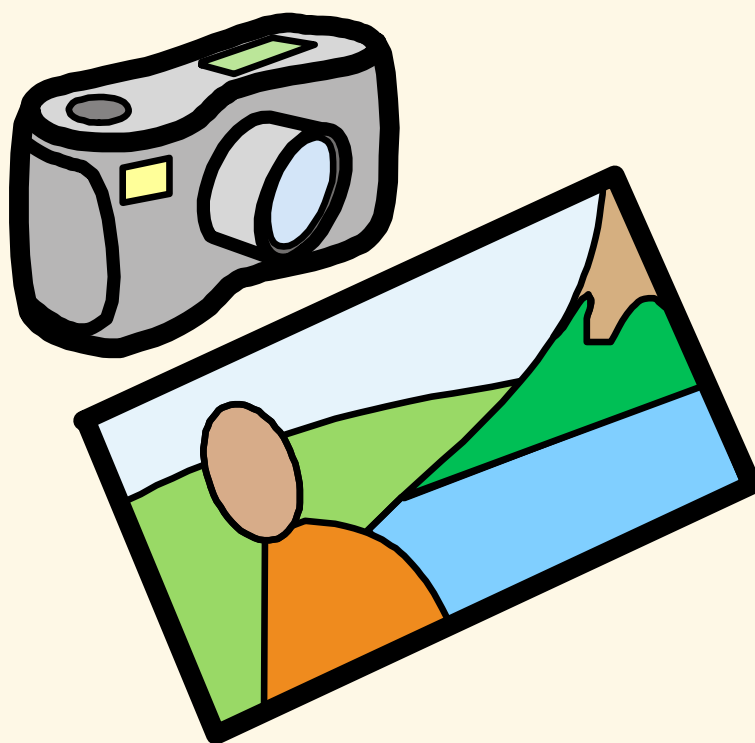
if



I wear them



more than once.



I might



take photos of



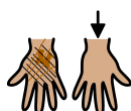
when I am comfortable.



I might



take photos of



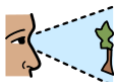
when I am clean.



I could



stick these



somewhere I can see



them.



These



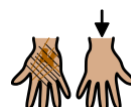
might help

to

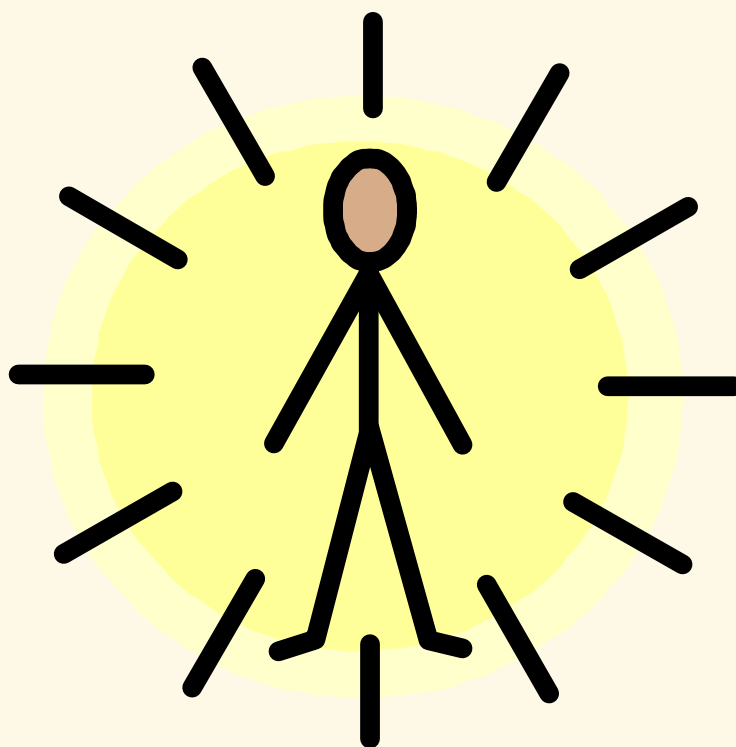


remind me

how to



stay clean.



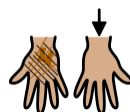
My parents



might help



me



to stay clean.



I can try

to



do a good job

of



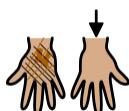
taking care of my body.



I can



be healthy,



clean

and



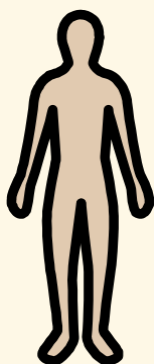
comfortable.



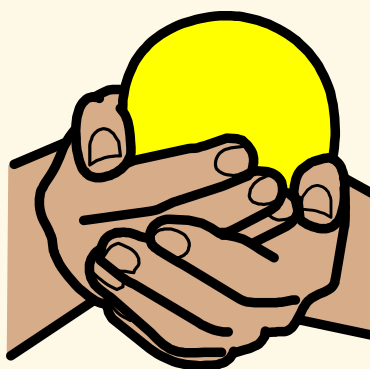
WELL DONE



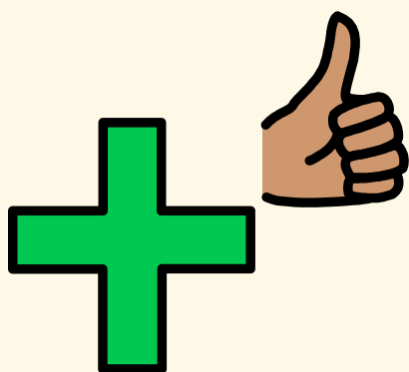
ME!



my body



look after



healthy



brush teeth



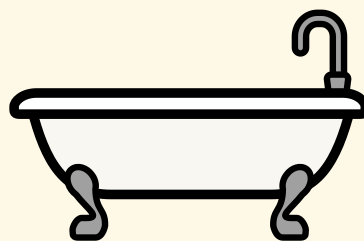
brush hair



wash face



wash hands



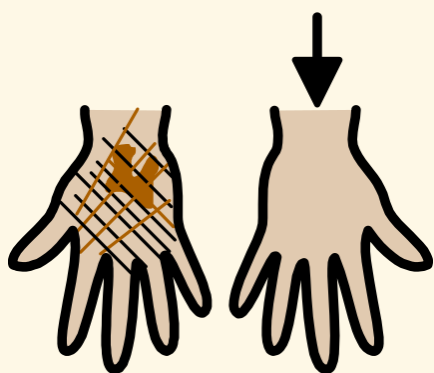
bath



shower



clean clothes



clean



comfortable