

Washing hands

Check the box when it is done.

1



Wet hands

☐

2



Add soap

☐

3



Scrub

☐

4



Rinse

☐

5



Dry

☐

For the teacher: laminate this page and check off each step with a dry-erase marker each time.

Brushing teeth

Check the box when it is done.

1



Wet brush

☐

2



Add toothpaste

☐

3



Brush top teeth

☐

4



Brush bottom teeth

☐

5



Spit

☐

6



Rinse mouth

☐

7



Put away

☐

For the teacher: laminate this page and check off each step with a dry-erase marker each time.