

A photograph of two young men sitting outdoors. The man on the left is wearing glasses and a blue and white striped sweater, smiling at the camera. The man on the right is wearing a blue hoodie and looking towards the camera. They are sitting in front of some trees and foliage.

# Attainment's Health, Growth & Development

Learning about life  
with symbols & words

Laura Breault

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Author: Laura Breault

Editor: Tom Kinney

Production: Marcy Weiland

Cover Design: Sherry Pribbenow

**An Attainment Publication**

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Printed in China

ISBN 1-57861-625-5



**Attainment Company, Inc.**

P.O. Box 930160

Verona, Wisconsin 53593-0160 USA

1-800-327-4269

[www.AttainmentCompany.com](http://www.AttainmentCompany.com)

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# Lesson 1

# *Cleanliness*



bath



washing



shower



dirty



hot



Name \_\_\_\_\_



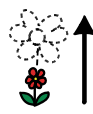
Cleanliness



To stay healthy as



we



grow



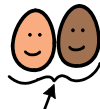
older



it is



important to be clean.



We

do this by

taking a



bath

or a



shower

and



washing

our



hands

to avoid

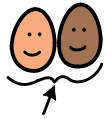


germs.



Why

do



we

take a



bath

or a shower?



We

may be

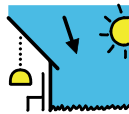


dirty

from



playing



outside

or



sweaty

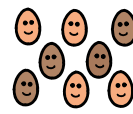
from playing



sports.



Many



people



take a

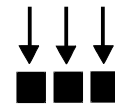
bath

or

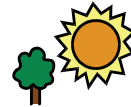


shower

as a regular routine



every



day

or



when

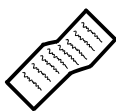
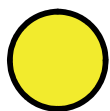
the weather is



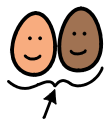
very



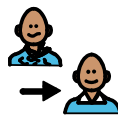
hot.



Circle the reasons to take a bath or shower:



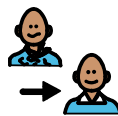
when we are dirty



after every meal



on a sunny day

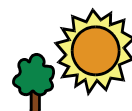


after hard exercise

**AM**



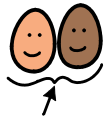
as a routine



on a very hot day



When



we

take a



bath

or a



shower



we



wash



all

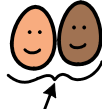


the parts of

our



body.



We

use a face cloth and

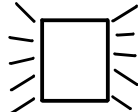


soap

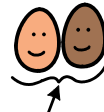


to make ourselves

clean



again!



We

use a different kind of



soap



called



shampoo to

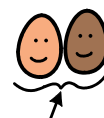


wash

our



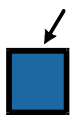
hair.



We



rub



it

with shampoo

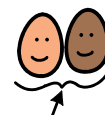


and

our



hands.



We

only need a



small

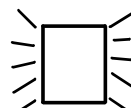


amount of

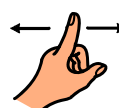
shampoo to make our



hair



clean.



Don't

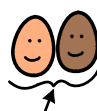


use too

much!

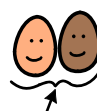


When



we

are finished



we



rinse the



shampoo



out

of



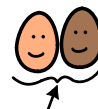
our



hair.

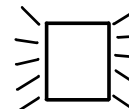


Now



we

are



clean

but



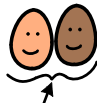
very

wet!



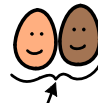
What

do



we

do?



We

find a



towel to



dry

off



and



rub



all

the parts of our



body

with



the towel.

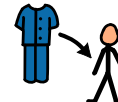


That feels good!



Then

we



get dressed



in



the bathroom or bedroom.

Be sure to wrap a



towel around



your body



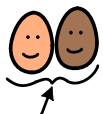
when going



from the bathroom



to the bedroom.



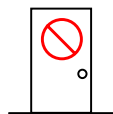
We



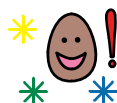
all



like



our privacy!

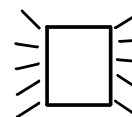


Great



job

staying



clean!