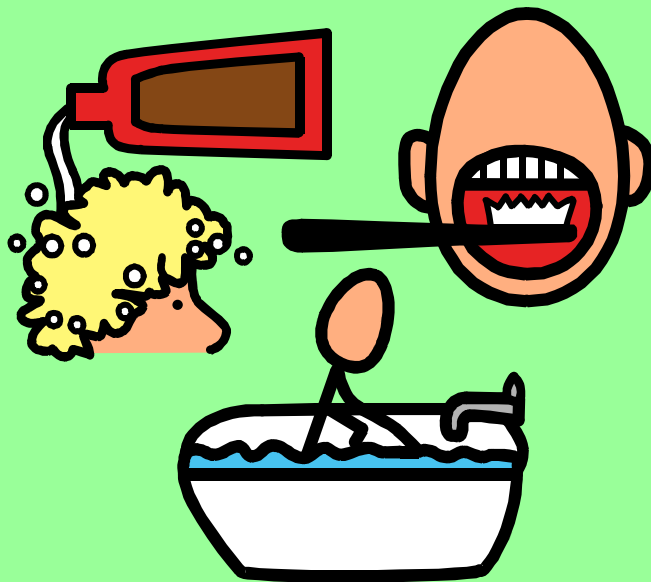


Hygiene Visuals: Schedules and Visual Instructions



Hygiene Directions

Included in this packet are:

- *1 customizable schedule for a HYGIENE ROUTINE
- *1 customizable schedule for a SHOWER ROUTINE
- *Visual directions for getting dressed
- *Visual directions for brushing teeth
- *Visual directions for washing face
- *Visual directions for deodorant
- *Visual directions for lotion
- *Visual directions for going to the bathroom
- *Visual directions for washing hands

TO USE:

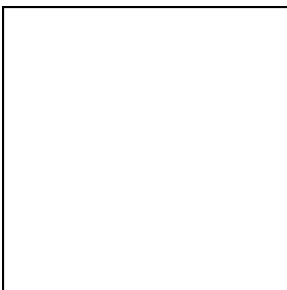
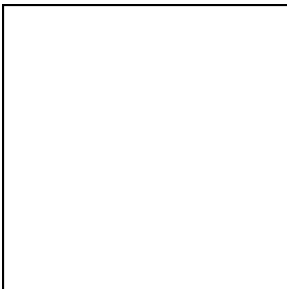
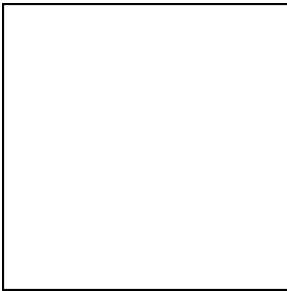
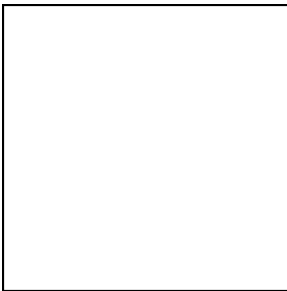
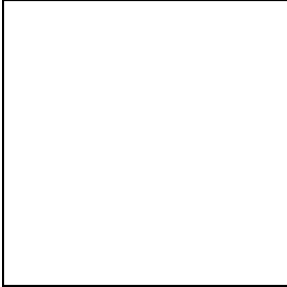
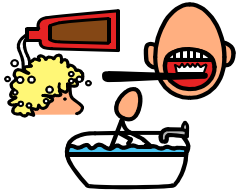
Laminate all materials to make them more durable and easier to keep clean (especially when these will be used in the bathroom).

Schedules: For the schedules you can customize your own routine depending on which skills the child is working on completing independently. Velcro pictures on the schedule in the order you want the child to complete the steps (working from top to bottom). As the child completes each task on the schedule they can take off the picture and put it in a finished bag (you should provide a place for the child to put all the "finished" pictures).

Visual Directions: These are for working on hygiene skills that are not currently independent. They provide step-by-step picture/word directions on how to complete each task. To use these, I laminate and post in the bathroom. Some may stay up all the time (i.e. directions for going to the bathroom/washing hands). While others may just be posted (magnet or velcro) beside the mirror in the bathroom while that skill is being targeted.

All these materials can be sent home as well to maintain skills in both the home and school environments!

Hygiene Schedule

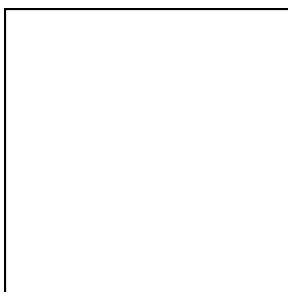
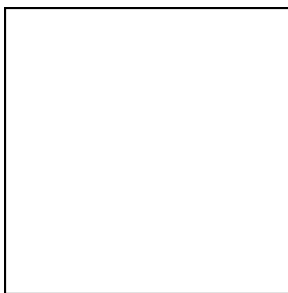
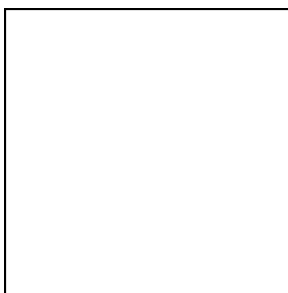
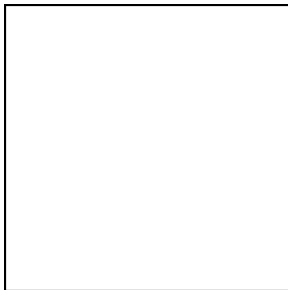
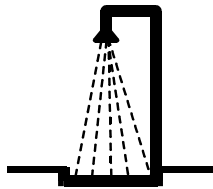


These are pictures for the hygiene schedule. Just laminate them, cut them out, put velcro on the back and they are ready to be attached to your schedule.


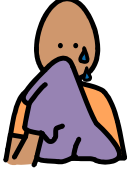

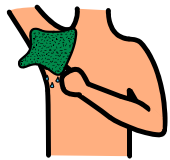
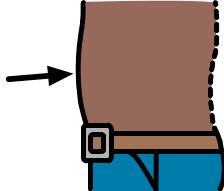
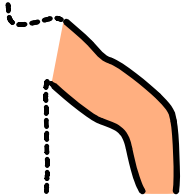
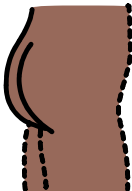



| | |
|---|---|
| bath  | brush hair  |
| get dressed  | wash face  |
| deodorant  | lotion  |
| brush teeth  | shower  |
| bathroom  | wash hands  |

-----<----- This is the hygiene schedule. Just laminate and put hard velcro inside each square.

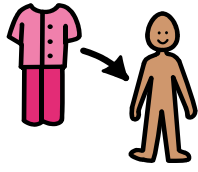
Shower Schedule



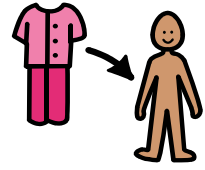
These are pictures for the shower schedule. Just laminate them, cut them out, put velcro on the back and they are ready to be attached to your schedule.

| | |
|---|--|
| wash hair  | wash  |
| wash legs  | wash armpits  |
| wash stomach  | wash arm  |
| wash bottom  | wash feet  |
| shave legs  | shave armpits  |

-----This is the hygiene schedule. Just laminate and put hard velcro inside each square.



Getting Dressed



1

underwear



undershirt



2

pants



3

T-shirt



4

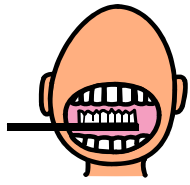
socks



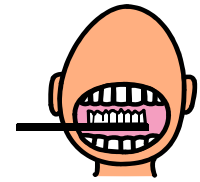
5

shoes



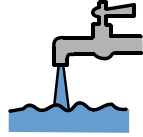


Brushing Teeth

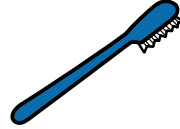


1

Put water



on toothbrush

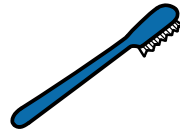


2

Put toothpaste

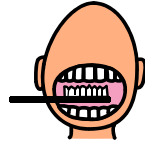


on toothbrush

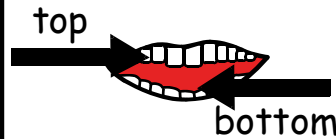


3

brush teeth



Don't Forget!



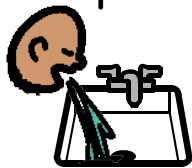
4

Brush Tongue



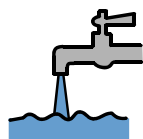
5

Spit in Sink

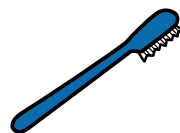


6

Put water

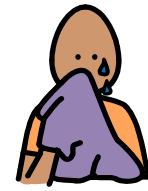


on toothbrush



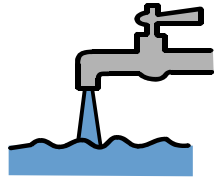


Wash Face



1

Put water

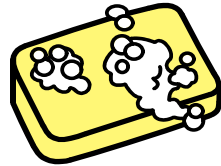


on washcloth



2

Put soap



on washcloth



3

Wash Face



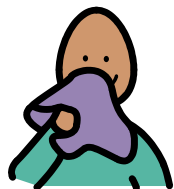
4

Wash Ears



5

Dry Face



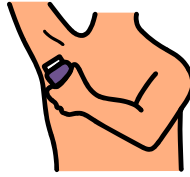


Deodorant



1

Put on left armpit



2

Put on right armpit

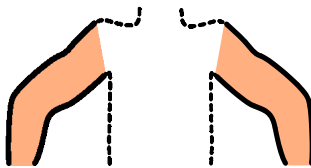


Lotion

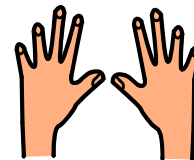


1

Put on 2 arms

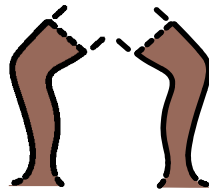


Put on 2 hands



2

Put on 2 legs



Put on 2 feet



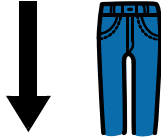


Bathroom



1

pants down



underwear down



2

go to bathroom



3

get toilet paper

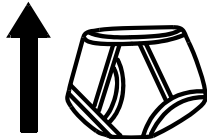


wipe

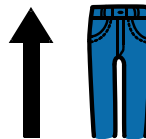


4

underwear up



pants up



5

flush



6

wash hands



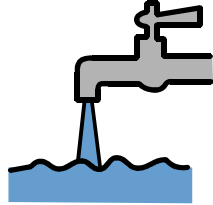


Washing Hands

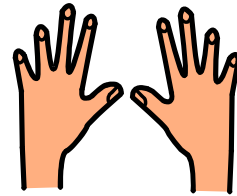


1

water

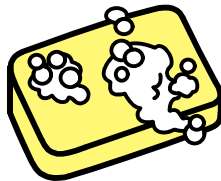


on hands

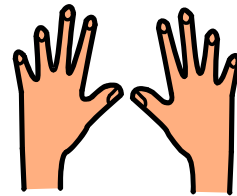


2

soap



on hands



3

wash hands



4

dry hands

