IN THE BATHROOM

Time for a shower

Hair first, then body. Tick off one step at a time.



In the shower in this order

1. 

   Get undressed
   Clothes in the laundry basket.

2. 

   Turn on the water
   Check that it is just warm enough.

3. 

   Wet hair
   Tilt the head back a little.

4. 

   Shampoo hair
   A small blob is usually enough.

5. 

   Rinse hair
   Eyes closed, so it usually does not sting.

6. 

   Wash body
   Soap from top to bottom, then rinse.

7. 

   Turn off the water
   Turn until it stops running.

Afterwards towel and clean clothes



Dry off



Dry hair



Get dressed

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