

Caring for Myself

Show how you care for yourself by:

- 1. Brushing your teeth at least three times daily.
- 2. Washing your hands when needed and before each meal.
- 3. Combing your hair.
- 4. Washing your face when needed and before meals.
- 5. Tying your shoes when you put them on and untying them before taking them off.
- 6. Dressing yourself.