



HOW TO WASH YOUR FACE

Take your time, it's not a race!

(Note: Parents, please help your children the first few times as they learn these healthy habits. Make it fun and silly and they'll learn even faster!)

- Step 1** ▶ Rubbing dirt on your face is the WORST, so make sure you wash your hands FIRST! Use warm water, but not too hot – cause that could really hurt a lot!
- Step 2** ▶ Put a nickel-sized squirt of your favorite face wash in your wet hands. Rub them together – all the bubbles are grand!
- Step 3** ▶ Start at your forehead, then move down to your nose. Rubbing in circles, away the dirt goes! Now out to your cheeks, and down to your chin. Get behind those ears and make a big grin.
- Step 4** ▶ Using clean water, it's time to rinse off. Then get a clean towel and dry with the cloth.
- Step 5** ▶ Smile big and say “cheese!” Your face is all clean! You did it your self! The Big Kid Routine!
- Step 6** ▶ If it's morning, the Queen says “Put on sunscreen!” If it's night, put on lotion or cream – and you'll sleep like a dream!



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