

Name _____ **Hygiene**



Keeping Clean

Keeping your body and your clothes clean are an important part of staying healthy. It makes you feel better about yourself, and makes others feel better about being around you. Read all the list of personal hygiene activities below. Check all that apply.

Activity	Look Clean	Smell Clean	Feel Clean
Take a bath			
Wash your hair			
Brush your teeth			
Floss your teeth			
Change your underwear			
Change your clothes			
Wear deodorant			
Keep your shoes clean			
Brush or comb your hair			
Clip your nails			
Wash hands regularly			
Use tissues			