How Do I Take Care of Myself?

Healthy Habits—Wash your face at least once a day.

Do you like to wash your face when you get up in the morning? Does it help you feel more awake? What about washing your face before you go to bed at night? Do you rest better when you feel like your face is clean before going to bed? How about during the day? Do you like to wash your face when you get it dirty or before you sit down to eat dinner? People feel differently about when they like to wash their face, but your parent knows what works best for you and your family. Talk to them about the best time to wash your face and make sure you keep your face clean and neat.

Keeping your face clean also makes you look better. It is important to let people see how neat you can be. People think you are more grown-up if you look neat and clean—and you look better and feel better. Do you ever feel more tired when you are not neat and clean? Do you feel more awake and more alert when you wash your face and get cleaned up? Look at the pictures below. The kids who are dirty look like they have been having fun, but would they feel good if they didn’t clean up and wash their face when they were done playing? What about the kids that are all clean and neat? They look happy too, don’t they? After having fun, they got cleaned up, and now they can have fun doing things that don’t get them dirty.
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When does your face get dirty? Are you a messy eater? Do you get really dirty when you play outside? Draw a picture showing what you are usually doing when your face gets dirty. Then draw a picture showing how you look when your face is nice and clean. Keeping your face clean is better for your health. It gets rid of germs that can make you sick. It is always a good idea to wash your face after you are done playing if you get it really dirty, or after you eat, if you get really messy. Enjoy yourself while you are getting dirty, but then be sure to wash your face and hands afterward.
Healthy Habits—Wash your face at least once a day.

When you wash your face, it is a good idea to comb your hair too. Your hair can get dirty and messy when you are playing. If your face needs to be washed, then you probably got your hair messy too. Combing your hair helps you look clean and neat. Look at the picture of the girl with combed hair and the picture of the girl with messy hair. In which picture does the girl look cleaner and neater? Draw a circle around the picture where she looks clean and neat.
Manners and Healthy Habits for Preschool

How Do I Take Care of Myself?

Healthy Habits—Brush your teeth after meals and at bedtime.

Your teeth are very important. Teeth help you to say words properly. Teeth help you chew food so your body can use the food for energy and to keep you healthy.

Do you know the right way to brush your teeth? Always brush your teeth up and down. Brushing your teeth up and down helps keep them healthy.

Be careful to remember to brush the back of your teeth up and down, too. Then, brush back and forth on the part of your teeth you use for biting and chewing.

If you don’t take care of your teeth, you can get cavities. Cavities are holes that form in your teeth. Some cavities even hurt when you try to eat. You will need a dentist to fix a cavity.
Manners and Healthy Habits for Preschool

How Do I Take Care of Myself?

Healthy Habits—Brush your teeth after meals and at bedtime.

Color the picture below and then see if you can help the tooth find its way to the toothbrush and toothpaste.

Take good care of your teeth. Keep your teeth healthy by brushing them and eating healthy foods.