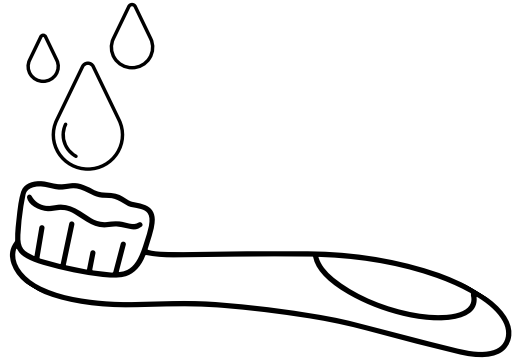


Brushing Your Teeth

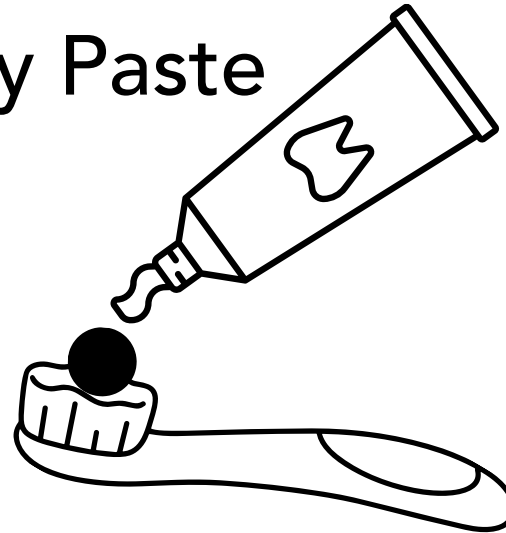


KINDNESS CLOSET
HYGIENE BANK

1) Wet toothbrush

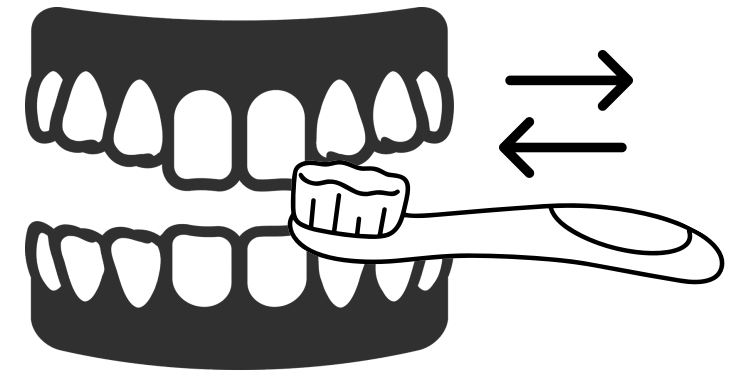


2) Apply Paste

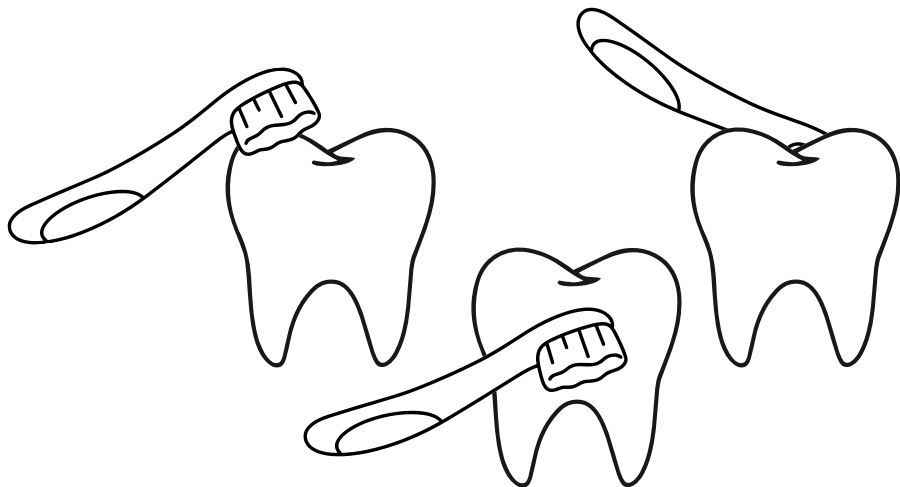


(about the size of a pea)

3) Brush using back and forth motions for 2 min



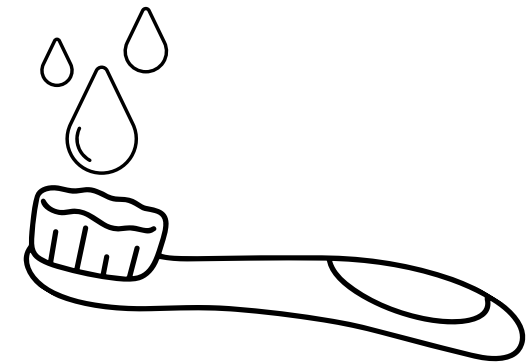
Make sure to brush front, tops,
and backs of your teeth



4) Rinse and Spit



5) Rinse toothbrush



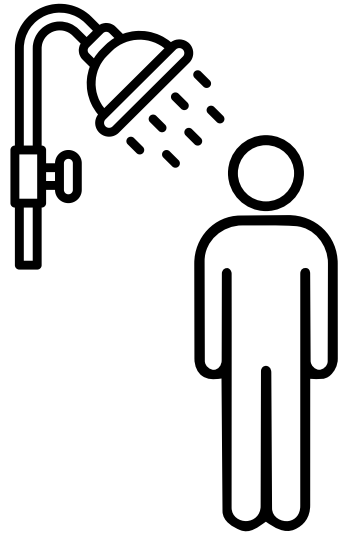
Put it away and you're done!

Taking A Shower



KINDNESS CLOSET
HYGIENE BANK

1) Rinse whole body



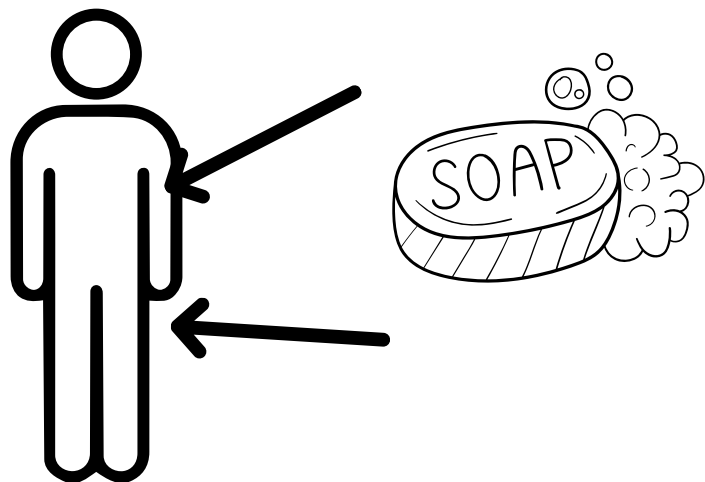
2) Apply soap
to hand or washcloth



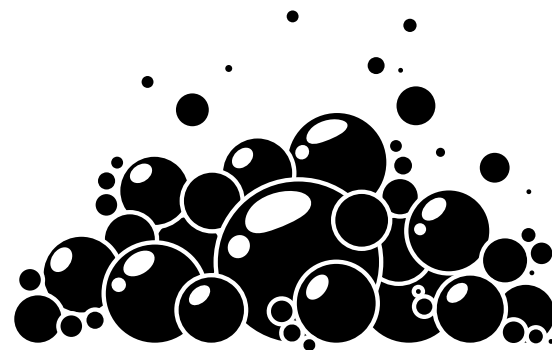
3) Put soap on every
part of body



Don't forget under arms and
private parts

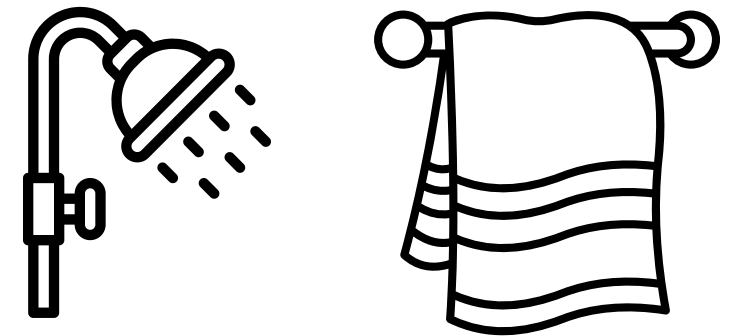


4) Scrub soap with
cloth or fingernails



(Soap should start to foam)

5) Fully rinse off all parts of
your body



Dry off and you're done!