

B	I	N	G	O
wear clean underwear daily	Bring a change of clothes to school to dress out for PE	brush your tongue and the roof of your mouth	use lotion or body spray to freshen up	flush toilet after every use
Wear a clean outfit every day	wash hands after each bathroom use	keep fingernails clean and cut short	Floss daily	wash hair
If you have to pass gas do it in private	don't be scared to ask for help when in doubt	FREE	drink plenty of water it helps to clean your body	wash face and private areas daily
eat healthy snacks	talk to school social worker or your teacher if you need hygiene items	comb or brush your hair daily	if someone smells tell an adult never talk bad about the person	chew gum or mint for fresh breath
Make sure to wipe private areas thoroughly after each bathroom use	Use soap when showering	if you sweat easily you may need extra deodorant protection	always wear clean underwear change daily	shower daily

B	I	N	G	O
wear deodorant	wash behind & inside your ears	talk to school social worker or your teacher if you need hygiene items	keep fingernails clean and cut short	wash face and private areas daily
Make sure to wipe private areas thoroughly after each bathroom use	Use soap when showering	shower daily	if someone smells tell an adult never talk bad about the person	Wear a clean outfit every day
if you sweat easily you may need extra deodorant protection	Floss daily	FREE	don't be scared to ask for help when in doubt	Bring a change of clothes to school to dress out for PE
flush toilet after every use	wear clean underwear daily	you need to wear deodorant daily (not just when you play sports) as you get older	always wear clean underwear change daily	If you have to pass gas do it in private
use lotion or body spray to freshen up	brush teeth twice daily	drink plenty of water it helps to clean your body	brush your tongue and the roof of your mouth	comb or brush your hair daily

B	I	N	G	O
if you sweat easily you may need extra deodorant protection	Wear a clean outfit every day	talk to school social worker or your teacher if you need hygiene items	shower daily	brush teeth twice daily
Floss daily	you need to wear deodorant daily (not just when you play sports) as you get older	brush your tongue and the roof of your mouth	wear deodorant	wash hands frequently
always wear clean underwear change daily	wash face and private areas daily	FREE	eat healthy snacks	use lotion or body spray to freshen up
Bring a change of clothes to school to dress out for PE	Use soap when showering	if someone smells tell an adult never talk bad about the person	drink plenty of water it helps to clean your body	cover mouth when sneezing or coughing
wear clean underwear daily	If you have to pass gas do it in private	wash hair	Make sure to wipe private areas thoroughly after each bathroom use	wash hands after each bathroom use