



# 머리 감아요

1.



머리를



물로



적셔요

2.



샴푸를

1번

1번



눌러요

3.



샴푸로



머리에



거품을 내요

4.



물로



머리를



헹궈요

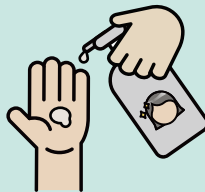
5.



린스를

1번

1번



눌러요

6.



린스를



머리에 퍼 바른 후



물로

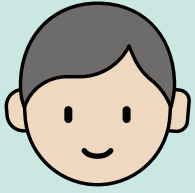


헹궈요



# 세수해요

1.



얼굴에



물을



묻혀요

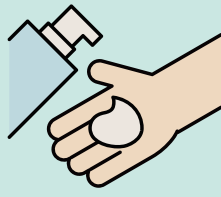
2.



비누나



세안제를



손바닥에 덜고

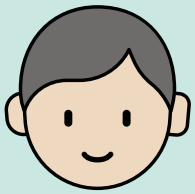


물을 묻혀



거품을 내요

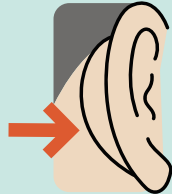
3.



얼굴



귀



귀 뒤쪽



턱선



턱 아래



목을



뉘어요.

4.

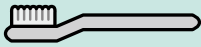
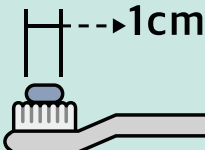



물로



씻어내요

# 이 닦아요

1.   

칫솔에 1cm 정도 치약을 짜요

2.     

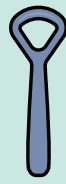
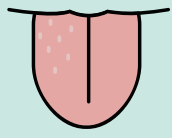
윗니는 치아 위에서 아래로 아랫니는 아래에서 위로 칫솔질해요

3.     

치아 안쪽과 바깥쪽 입천장 어금니를 칫솔질해요

4.   

거품을 뱉고 물로 입 안을 헹궈요

5.   

혀 클리너로 혀를 닦아요

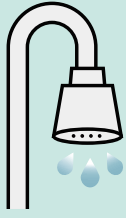
6.   **8번**  

입 안을 물로 8번 헹구고 뱉어요



# 샤워해요

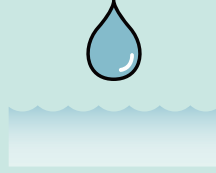
1.



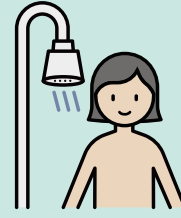
샤워기로



몸에

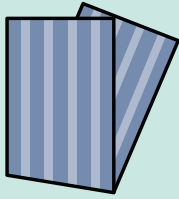


물을



뿌려요

2.



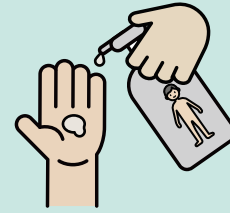
샤워타올에



바디클렌저를

1번

1번

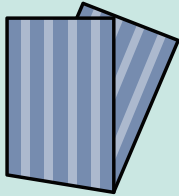


눌러서



거품을 내요

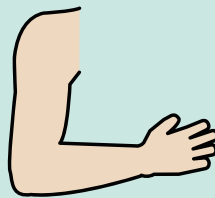
3.



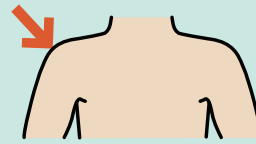
샤워타올로



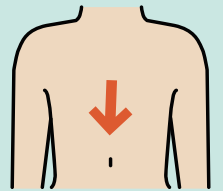
손



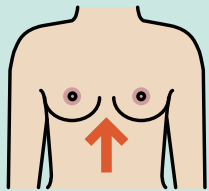
팔



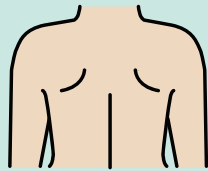
어깨



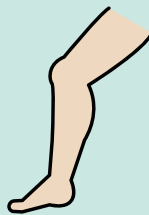
배



가슴



등



다리



발을

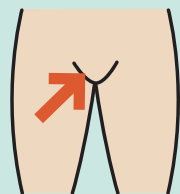


닦아요

4.



사타구니와



성기



항문을



꼼꼼히 닦아요