

HYGIENE FILE FOLDERS

➤ 13 ACTIVITY SETS

➤ LIFE SKILLS SUPPORT

➤ SPED FRIENDLY

➤ TEACHING TOOLS

How to Use the Restroom

Pull down your pants and underwear.

Sit on the toilet.

Pee or poop in the toilet.

Get toilet paper. Wipe your private area until you are clean.

Pull up your pants and underwear. Straighten your clothes.

Flush the toilet. Wash and dry your hands.

Steps to Use the Restroom

Directions: Place the pictures below to show the steps needed to use the restroom.

1st	2nd	3rd	4th	5th	6th

Using the Restroom

Sequencing Pieces

Label for file folder tab

Steps to Use the Restroom Sequencing

Taking a Shower for Boys

How to Take a Shower

Use the toilet and wash your hands. Take off your clothes. Turn the water on and adjust the warm water. Get in the shower.

Close the shower curtain. Lather a wet washcloth with soap.

Use the washcloth to wash your face and your body.

Next wash your penis and then wash your butt.

Turn off the shower water, get out, and dry off with a towel.

Caroline Koehler

BRUSHING HAIR FILE FOLDER

Sequencing Pieces



Label for file folder tab

Steps to Brush Your Hair Sequencing

Brushing Your Hair



By Caroline Koehler
and with Mayer-Johnson's Boardmaker



Caroline Koehler

How to Brush Your Hair

Brush your hair so you look nice and stay clean.

Use a brush or a comb to fix your hair.

Spray your hair with conditioner to loosen tangles.

Push the brush in your hair and pull down. Start again when you brush a knot.

Brush the front, back, and sides of your hair.

Check your hairdo in the mirror.

How to Brush Your Hair

Brush your hair so you look nice and stay clean.

Use a brush or a comb to fix your hair.

Spray your hair with conditioner to loosen tangles.

Push the brush in your hair and pull down. Start again when you brush a knot.

Brush the front, back, and sides of your hair.

Check your hairdo in the mirror.

Steps to Brush Your Hair

Directions: Place the pictures below to show the steps needed to brush your hair.

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1st	2nd	3rd	4th	5th	6th

Steps to Brush Your Hair

Directions: Place the pictures below to show the steps needed to brush your hair.

					
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BRUSHING TEETH FILE FOLDER

Get your toothbrush and toothpaste.
Put toothpaste and water on your toothbrush.



Put your toothbrush in your mouth and close your lips. Brush all of your teeth including the tops, the bottoms, the fronts, and the backs of your teeth.



Turn the water on and rinse off your toothbrush.
Put the toothbrush and toothpaste away.

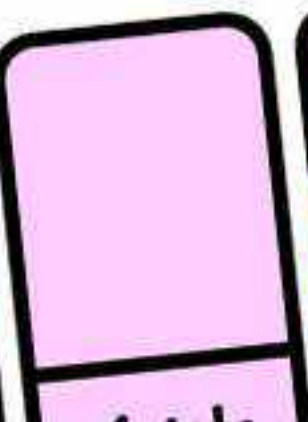
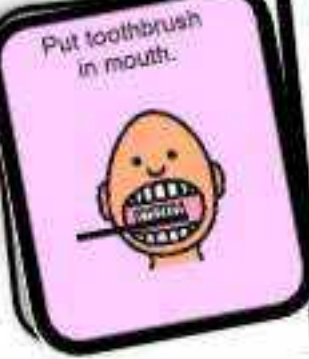
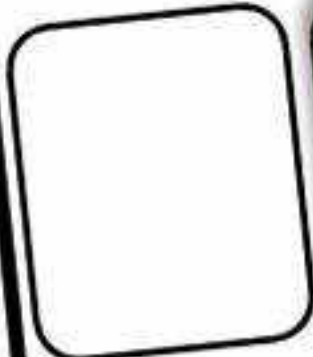


Rinse your mouth with water and spit into the sink. Wipe your face off.



Steps to Brush Your Teeth

Directions: Place the pictures below to show the correct order of the steps needed to brush your teeth.



Caroline Koehler

How to Brush Your Teeth

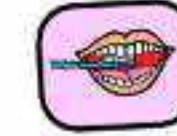
Brushing your teeth keeps you healthy.



Get your toothbrush and toothpaste.
Put toothpaste and water on your toothbrush.



Put your toothbrush in your mouth and close your lips. Brush all of your teeth including the tops, the bottoms, the fronts, and the backs of your teeth.

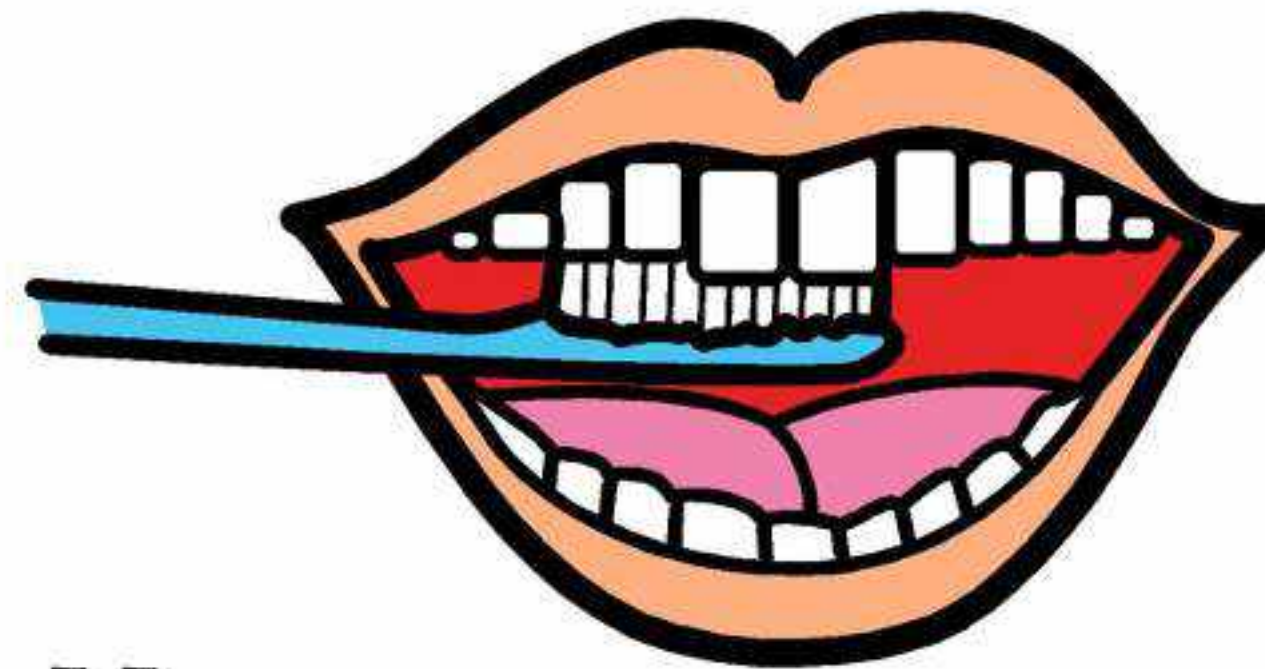


Turn the water on and rinse off your toothbrush.
Put the toothbrush and toothpaste away.



Rinse your mouth with water and spit into the sink. Wipe your face off.

Brushing Your Teeth



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

Sequencing Pieces

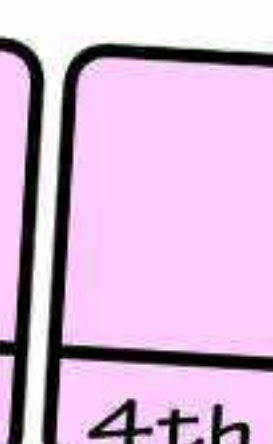
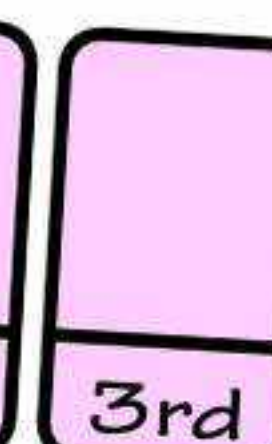
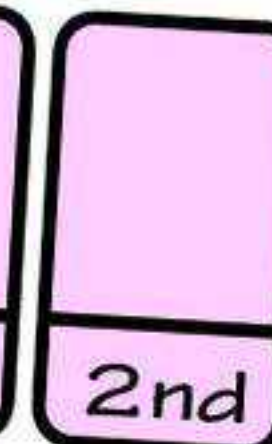
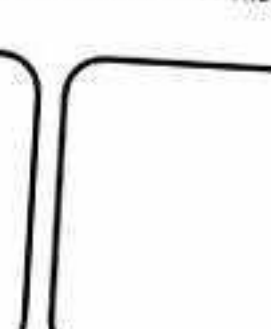


Label for file folder tab

Steps to
Brush Your Teeth
Sequencing

Steps to Brush Your Teeth

Directions: Place the pictures below to show the correct order of the steps needed to brush your teeth.



GETTING DRESSED BOY - GIRL

Sequencing Pieces



Label for file folder tab

Steps to
Getting Dressed: BOY
Sequencing

How to Get Dressed

When others are around, you must wear clothes.

First put on your underwear and then your socks.

Next put one leg and then the other leg in your pants. Put your shirt on by putting your head and arms out through the holes.

Make sure you zip and button your pants.

Put your shoes on and tie your shoes.

How to Get Dressed

When others are around, you must wear clothes.

First put on your underwear and then your bra.

Put on both socks.

Put on your pants. Make sure you zip and button your pants.

Put your shirt on by putting your head and arms out through the holes.

Put your shoes on and tie your shoes.

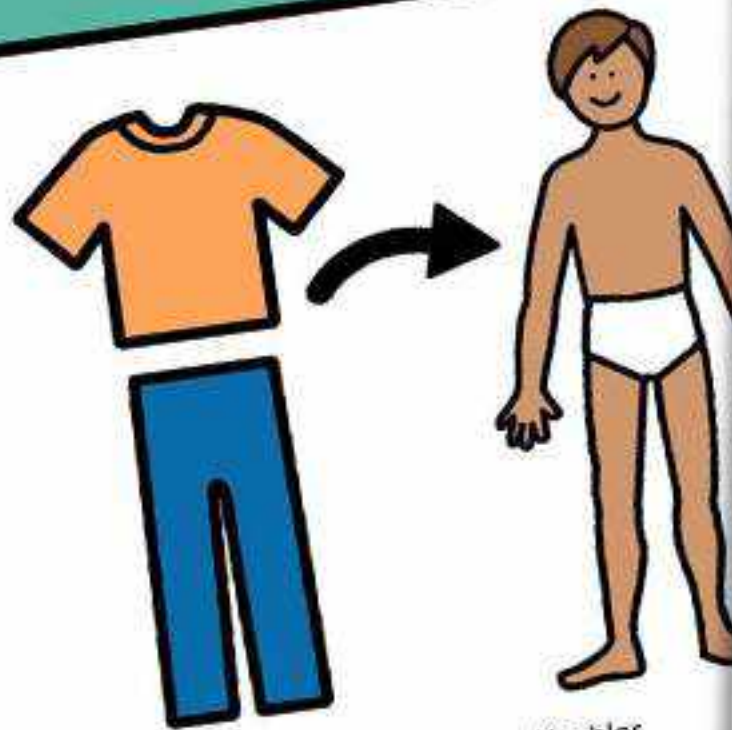
Sequencing Pieces



for file folder tab

Steps to
Getting Dressed: GIRL
Sequencing

Getting Dressed for Boys



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

Steps for Getting Dressed

Directions: Place the pictures below to show the correct order of the steps needed to get dressed.

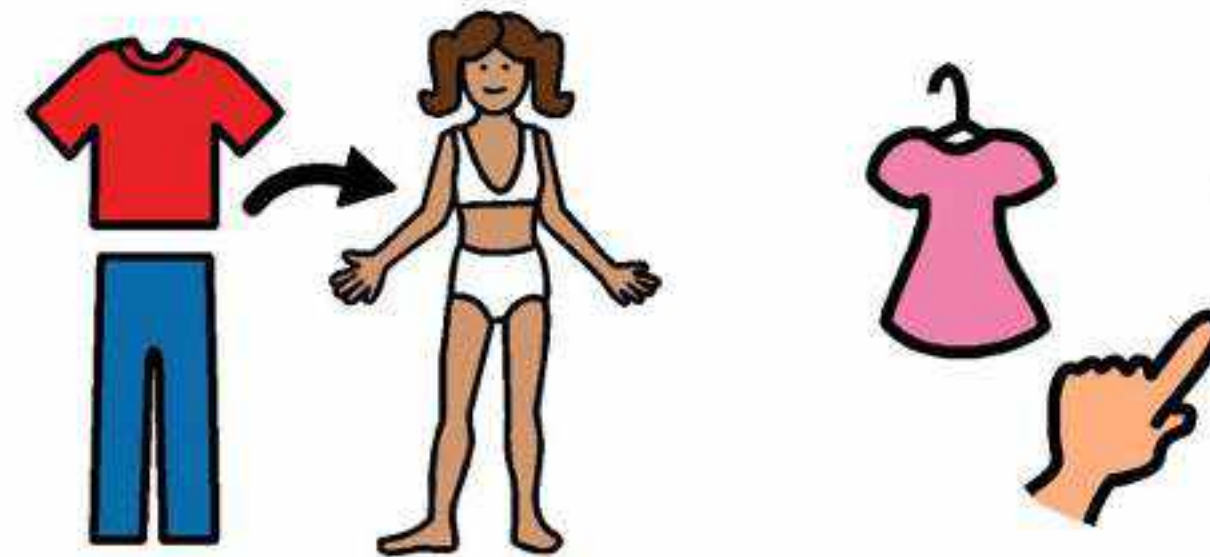
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1st	2nd			
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Caroline Koehler

Getting Dressed for Girls



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

Steps for Getting Dressed

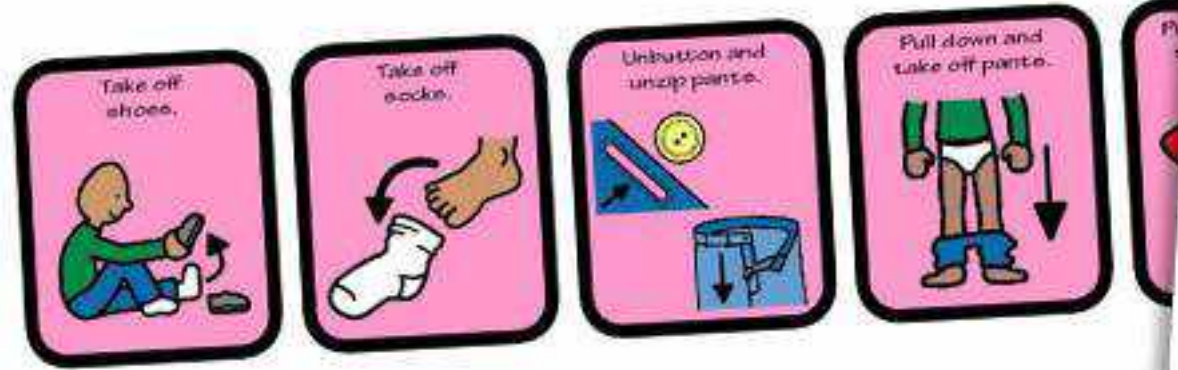
Directions: Place the pictures below to show the correct order of the steps needed to get dressed.

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1st	2nd	3rd	4th	5th
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GETTING UNRESSED BOY - GIRL

Sequencing Pieces



Label for file folder tab

Steps to
Getting Undressed: GIRL
Sequencing

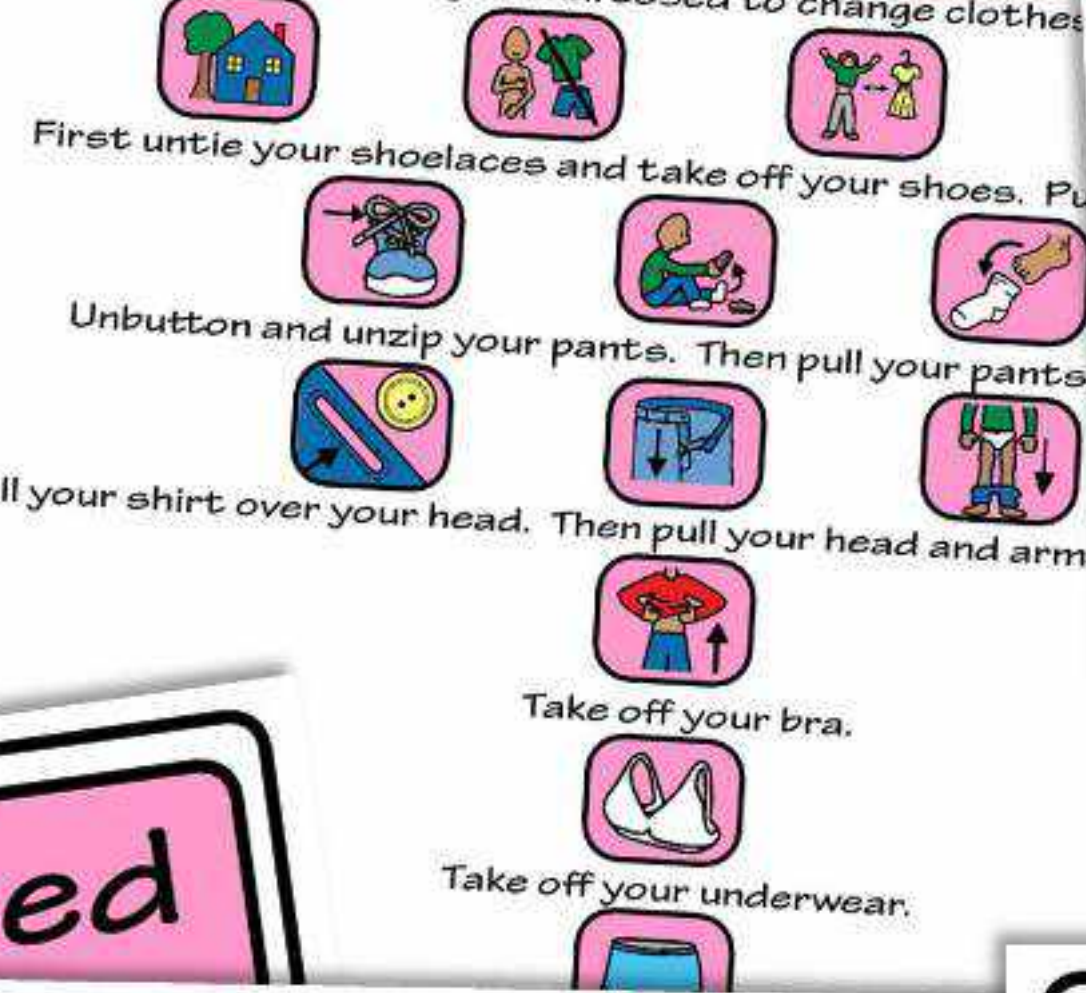
Getting Undressed for Girls



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

How to Get Undressed

When at home, you can get undressed to change clothes.



How to Get Undressed

When at home, you can get undressed to change clothes or clean your body.



Sequencing Pieces



for file folder tab

Steps to
Undressed: BOY
Sequencing

Steps for Getting Undressed

Directions: Place the pictures below to show the correct order of the steps needed to get undressed.

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1st	2nd	3rd	4th	5th

Getting Undressed for Boys



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker



Caroline Koehler

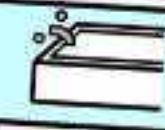
TAKING A BATH BOY - GIRL

Sequencing Pieces



Label for file folder tab

Steps to
Take a Bath: BOY
Sequencing



How to Take a Bath

Use the toilet and wash your hands. Take off your clothes.
Plug the bathtub drain and fill the tub with warm water.



Lather a wet washcloth with soap.



Use the washcloth to wash your face and your body.



Next wash your penis and then wash your butt.



Wash and rinse your hair.



Unplug the bathtub drain, get out, and dry off with a towel.



How to Take a Bath

Use the toilet and wash your hands. Take off your clothes.
Plug the bathtub drain and fill the tub with warm water.



Lather a wet washcloth with soap.



Use the washcloth to wash your face and your body.



Next wash your vagina and then wash your butt.



Wash and rinse your hair.



Unplug the bathtub drain, get out, and dry off with a towel.



Sequencing Pieces



for file folder tab

Steps to
Take a Bath: GIRL
Sequencing

Taking a Bath for Boys



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

Steps to Take a Bath

Directions: Place the pictures below to show the steps needed to take a bath.

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Caroline Koehler

Taking a Bath for Girls



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

Steps to Take a Bath

Directions: Place the pictures below to show the steps needed to take a bath.

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1st	2nd	3rd	4th	5th

TAKING A SHOWER BOY - GIRL

Sequencing Pieces



Label for file folder tab

Steps to
Take a Shower: GIRL
Sequencing

How to Take a Shower

Use the toilet and wash your hands. Take off your clothes. Turn the water on and adjust the warm water. Get in the shower.

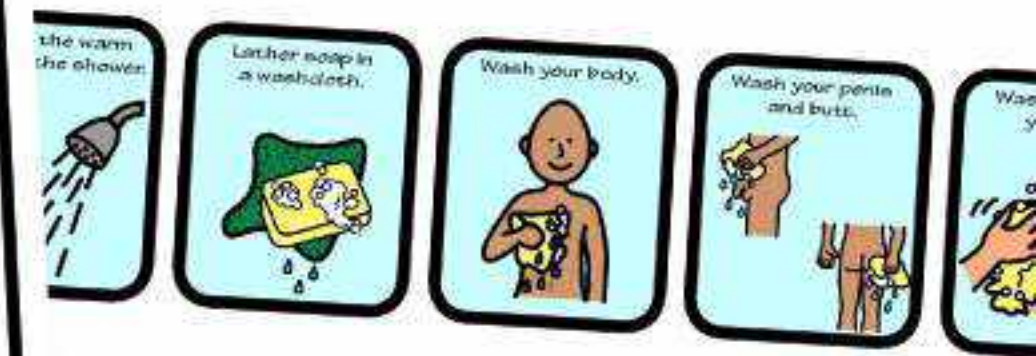


How to Take a Shower

Use the toilet and wash your hands. Take off your clothes. Turn the water on and adjust the warm water. Get in the shower.



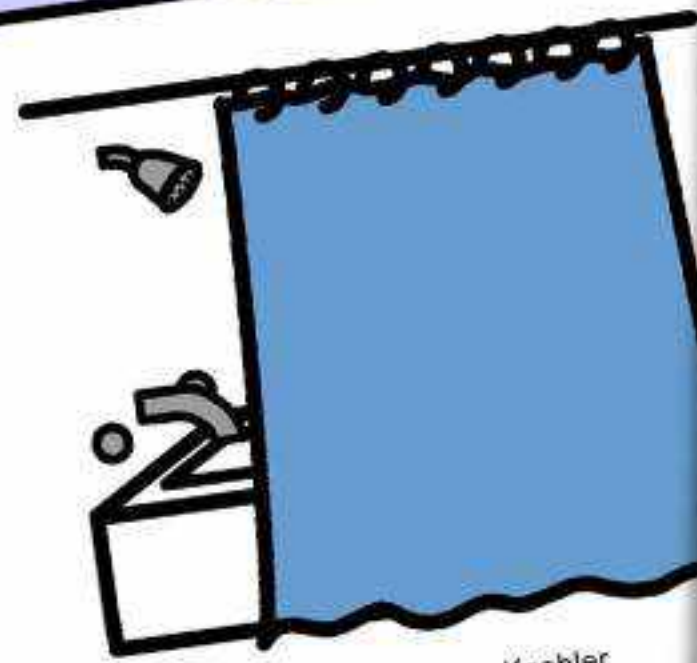
Sequencing Pieces



for file folder tab

Steps to
Take a Shower: BOY
Sequencing

Taking a Shower for Girls



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

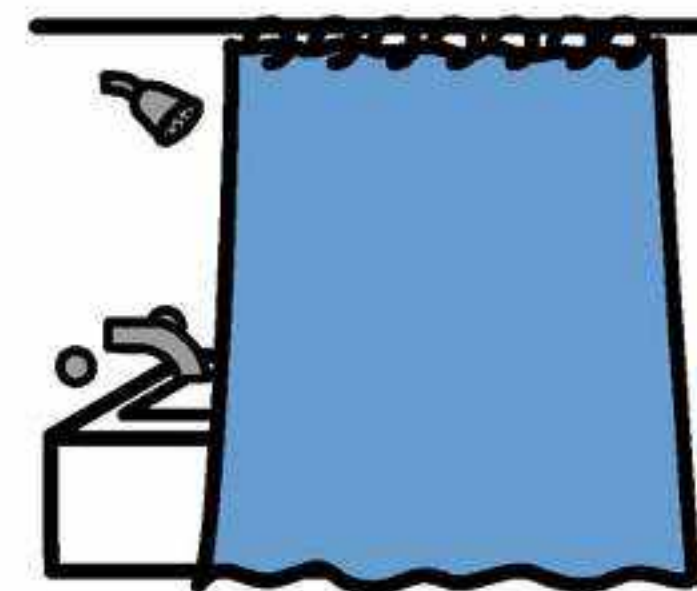
Steps to Take a Shower

Directions: Place the pictures below to show the steps needed to take a shower.



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Taking a Shower for Boys



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

Steps to Take a Shower

Directions: Place the pictures below to show the steps needed to take a shower.

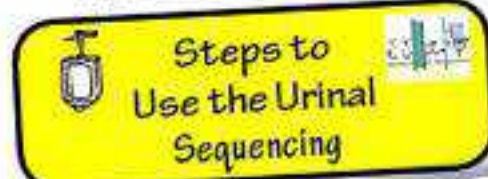
1st	2nd	3rd	4th	5th

USING THE URINAL

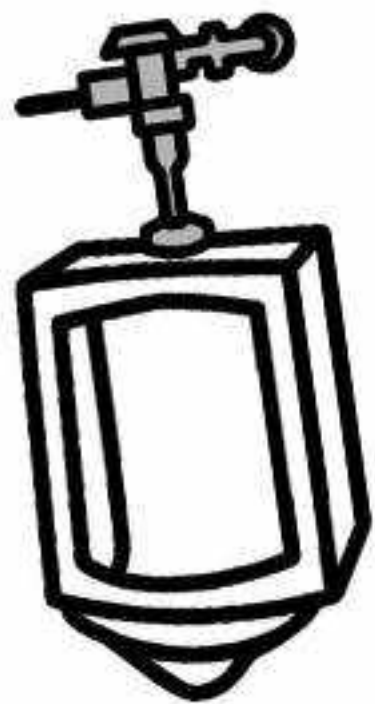
Sequencing Pieces



Label for file folder tab



Using the Urinal



By Caroline Koehler
Created with Mayer-Johnson's Boardmaker



How to Use the Urinal



Stand facing the urinal. Unbutton and unzip your pants.

Keep your pants and underwear pulled up. Point your penis at the urinal.



Pee in the urinal.

Shake your penis lightly to dry it off.



Zip and button your pants. Straighten your clothes.



Flush the urinal. Wash and dry your hands.



Steps to Use the Urinal

Directions: Place the pictures below to show the steps needed to use the urinal.

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1st	2nd	3rd	4th	5th	6th



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How to Use the Urinal



Stand facing the urinal. Unbutton and unzip your pants.

Keep your pants and underwear pulled up. Point your penis at the urinal.



Pee in the urinal.



Shake your penis lightly to dry it off.



Zip and button your pants. Straighten your clothes.



Flush the urinal. Wash and dry your hands.



Steps to Use the Urinal

Directions: Place the pictures below to show the steps needed to use the urinal.

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1st	2nd	3rd	4th	5th	6th

USING THE RESTROOM

How to Use the Restroom

Pull down your pants and underwear.

Sit on the toilet.

Pee or poop in the toilet.

Get toilet paper. Wipe your private area until you are clean.

Pull up your pants and underwear. Straighten your clothes.

Flush the toilet. Wash and dry your hands.

How to Use the Restroom

Pull down your pants and underwear.

Sit on the toilet.

Pee or poop in the toilet.

Get toilet paper. Wipe your private area until you are clean.

Pull up your pants and underwear. Straighten your clothes.

Flush the toilet. Wash and dry your hands.

Sequencing Pieces

for file folder tab

Steps to Use the Restroom Sequencing

Steps to Use the Restroom

Directions: Place the pictures below to show the steps needed to use the restroom.

					
					
1st	2nd	3rd	4th	5th	6th

Using the Restroom

By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

Steps to Use the Restroom

Directions: Place the pictures below to show the steps needed to use the restroom.

1st	2nd	3rd	4th	5th	6th

Caroline Koehler

WASHING YOUR HANDS

Sequencing

How to Wash Your Hands

Wash your hands to get rid of germs, viruses, and other dirty things.

Turn the water in the sink on and get your hands wet.

Put soap on your hands.

Rub your hands together and lather the top and bottom of your hands.

Rinse your hands off in the sink and turn off the water.

Dry your hands.

How to Wash Your Hands

Wash your hands to get rid of germs, viruses, and other dirty things.

Turn the water in the sink on and get your hands wet.

Put soap on your hands.

Rub your hands together and lather the top and bottom of your hands.

Rinse your hands off in the sink and turn off the water.

Dry your hands.

Sequencing Pieces



Label for file folder tab

Steps to Wash Your Hands Sequencing

Steps to Wash Your Hands

Directions: Place the pictures below to show the steps needed to wash your hands.



Washing Your Hands



Caroline Koehler

By Caroline Koehler
Created with Mayer-Johnson's Boardmaker

Steps to Wash Your Hands

Directions: Place the pictures below to show the steps needed to wash your hands.

1st	2nd	3rd	4th	5th

PRAISE FOR FILE FOLDERS

★ resource feedback ★

Great resource to help
my students sequence
different health and
hygiene activities!

-Specialties in SpEd

Hygiene File Folders include

- 📁 13 different activities
- 📖 mini social story for each hygiene activity
- 🏷️ labels for each tab
- ✉️ back pocket for organizing pieces
- 📝 Directions with classroom pictures
- 🔧 life skills support tools



Caroline Koehler

★ resource feedback ★

Such a great resource
for my students with
autism. Highly
recommend!

-Melanie R.

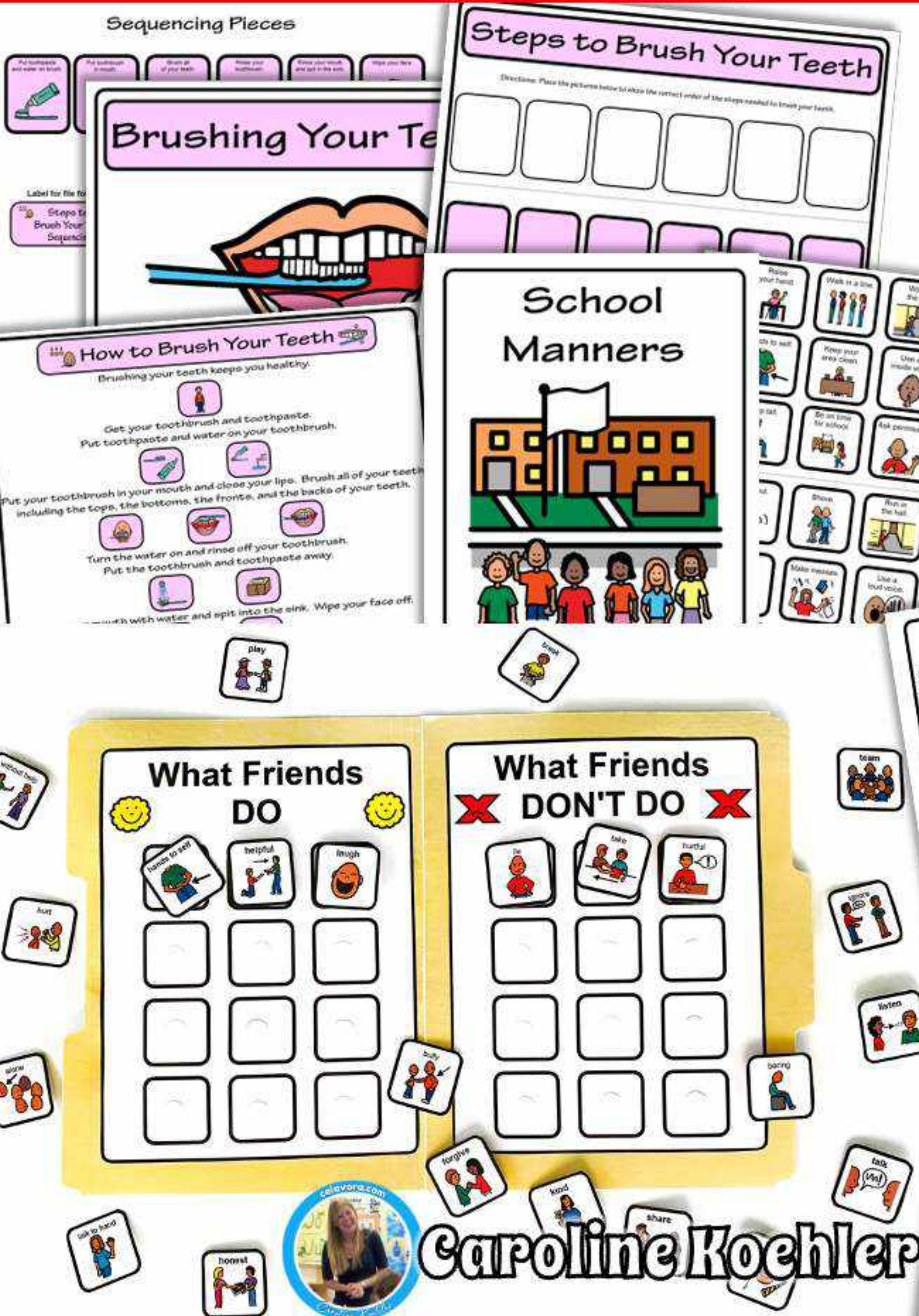
CHECK OUT THE BUNDLE!

Click [here](#) to get the bundle with **40+** file folder activities!

LIFE SKILLS FILE FOLDERS



- ✓ Behavior intervention support
- ✓ Tools for SPED Success
- ✓ Simplify Curriculum + Teach



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