



HOW TO WASH YOUR FACE

(Note: Parents please help your children the first few times they start building these healthy habits. This will make getting ready for bed or a day ahead, a fun time for you and your kids to spend together while ensuring they are building healthy habits.)

- Step 1** ▶ **Rubbing germs on your face is the WORST,**
so make sure you wash your hands **FIRST.**
Use warm water, but not too hot! That could hurt! Ouch! A lot!
- Step 2** ▶ **Put a nickel-sized amount of Friendly Face Wash™ in your hand;**
rub your hands together, now it's a bubbly band!
Use your finger tips to rub the bubbles into your skin,
use circle motions to get it all in!
- Step 3** ▶ **Start at your forehead,** then move down to your nose,
don't stop now this is how it goes! Now out to your cheeks,
and down to your chin. Once you get it all done you win, win, win!!!
- Step 4** ▶ **Now make sure you get a soft washcloth really wet!**
Gently rub off Friendly Face Wash™ and you're all set!
To dry your face, get a towel that's dry and clean.

