



Learning to Take Care of Myself: A Hygiene Story with

An EZducate Social Learning Story

Target Skill: Personal Hygiene

Reading Level: Intermediate

Story Type: Social Story

Approach: Explicit

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Every morning, I wake up and get ready for the day. Taking care of my hygiene is important so I can feel great and stay healthy. I need to remember all the steps.



Learning to Take Care of Myself: A Hygiene Story with Dad



Every morning, I wake up and get ready for the day. Taking care of my hygiene is important so I can feel great and stay healthy. I need to remember all the steps.

Dad tells me about personal hygiene. He says it is the way we keep our body clean and healthy. Dad explains that when I am clean, I feel better, and people like being around me. That makes me happy.

Dad and I stand in front of the sink. The first step is brushing my teeth. When I brush my teeth in the morning and at night, I can help my teeth stay strong and my breath fresh.

After brushing, it is important to wash my face. Dad shows me how to splash water gently and use a little soap to cleanse. My face feels fresh, and I smile at Dad.



Next, we talk about taking a shower or bath. Dad says showering every day, especially after playing outside, removes dirt and keeps my skin healthy.

Changing clothes is another step. I need to wear clean clothes each day because they help me feel comfortable and ready for different activities I enjoy.

Dad mentions that I should also wash my hands before eating and after using the restroom. This helps to keep germs away so I can remain healthy. Following these steps shows that I care about myself and respect others.

Dad feels proud when I remember these steps. He says everyone needs to follow these hygiene habits. They keep us healthy and help others feel comfortable around us.

When I take care of my hygiene, I feel confident. I know that I am doing a good job. I thank Dad for teaching me. I am learning how to look after myself, and that makes both of us happy.



Key Social Concepts

importance of hygiene

steps in hygiene routine

benefits of hygiene

Social Rules

- Hygiene is important for health and social interactions.
- Brushing teeth helps keep breath fresh.
- Washing face and showering removes dirt.
- Wearing clean clothes is important daily.
- Washing hands helps prevent germs.



Social Understanding Questions

1. Why is it important to take care of your personal hygiene?

- A. To feel great and stay healthy *
- B. To win a prize
- C. To make other people feel bad
- D. To save time in the morning

2. How does the character feel when they are clean and people like to be around them?

- A. Sad
- B. Happy *
- C. Angry
- D. Indifferent

3. What is one of the reasons Dad is proud of them?

- A. They remember the hygiene steps *
- B. They can run very fast
- C. They eat lots of candy
- D. They watch TV quietly

4. What should you do before eating and after using the restroom according to the story?

- A. Brush your hair
- B. Sing a song
- C. Wash your hands *
- D. Take a nap

** Indicates the correct answer*



Social Cues Guide: Personal Hygiene

Skill Description

Personal hygiene refers to maintaining cleanliness of one's body and surroundings, which helps to prevent illness and improve social acceptance.

Social Cues to Watch For

Children should learn to recognize when others are reacting to their hygiene habits. Pay attention to facial expressions such as wrinkling of the nose or frowning, which can indicate someone's discomfort. Body language such as stepping back, turning away, or crossing arms may also suggest others are noticing poor hygiene. Verbal cues can include someone politely suggesting a breath mint or offering sanitizer.

Common Misunderstandings

- Thinking that not seeing dirt means they are clean, even if they have not washed.
- Believing that using too much scented product is enough to cover up not washing.
- Assuming everyone else has the same personal hygiene habits and routines.

Practice Scenarios

1. Your friend offers you a piece of gum. They look away and slightly cover their nose. What might this mean?
2. After playing outside, you see someone making a face when you sit next to them. What should you do next?
3. You're at school and see someone using hand sanitizer after touching a shared object. What does this remind you to do?
4. A classmate steps back when you speak to them up close. What social cue are they giving?
5. Someone compliments your clean clothes and fresh scent. What might their facial expression and tone tell you?