

Handwashing, Brushing Teeth and Getting Dressed Sequences

Daily Routines

Student Details

Name:

Class:

Date:

Teacher:



Hands



Teeth



Dress

What children will practice: Sequencing daily routines for handwashing, brushing teeth and getting dressed.

How to use:

1. Look at the steps together.
2. Cut out the step cards (if provided).
3. Arrange the steps in the correct order.
4. Stick or number the steps.
5. Talk through the routine as you work.

Tips:

- Act out the routines for extra practice.
- These pages support independence and health habits.
- Use them at home or in the classroom.

Routines included:

- Handwashing steps
- Brushing teeth routine
- Getting dressed sequence
- Extra sequencing practice

Handwashing Steps

1 Turn on the tap

2 Wet your hands

3 Add soap

4 Rub hands together

5 Rinse the soap off

6 Dry your hands

Brushing Teeth Routine

1 Get your toothbrush

2 Put toothpaste on it

3 Brush the front teeth

4 Brush the back teeth

5 Brush your tongue

6 Spit and rinse

Getting Dressed Sequence

1 Put on underwear

2 Put on socks

3 Put on trousers or skirt

4 Put on top or shirt

5 Put on shoes

6 Check you are ready

Extra Sequencing Practice

1 Wash hands before eating

2 Brush teeth in the morning

3 Brush teeth at night

4 Get dressed for school

5 Put on a coat

6 Take off shoes at home