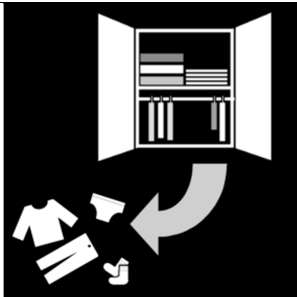
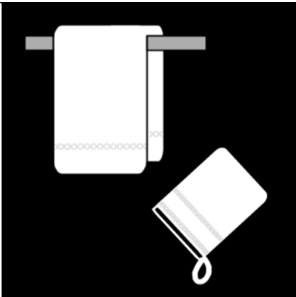
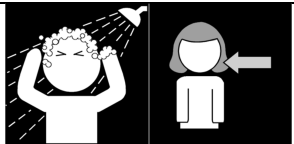
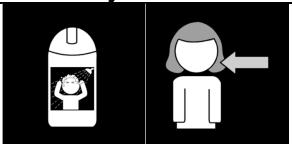
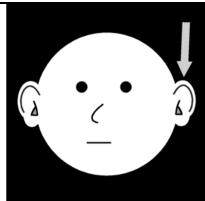
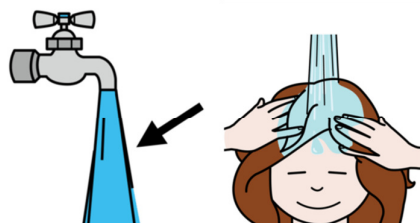


Stappenplan douchen

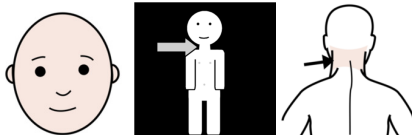
Ik leg mijn nette kledij klaar	Ik leg een handdoek en washand klaar.	Ik leg zeep en shampoo en klaar.
		 Zeep shampoo

Ik kleed mij uit	Ik stap in de douche
	

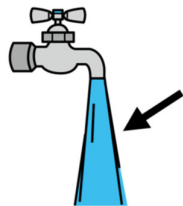
Ik was mijn haar	Ik maak het nat	Ik doe shampoo op mijn haar	Ik wrijf met shampoo
			

Ik was mijn oren: links en rechts	Ik spoel mijn haar met veel water zodat het schuim weg is		
 Links		 rechts	

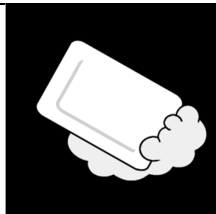
Gezicht, nek en hals wassen



Ik doe water en zeep op mijn washand



water



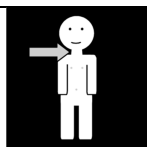
zeep



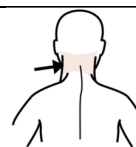
washand

Ik was mijn gezicht	ogen	mond	wangen	neus	voorhoofd	kin

Ik was mijn hals en mijn nek

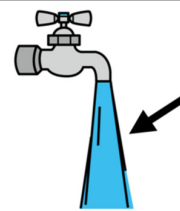
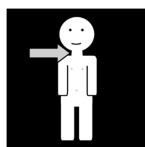
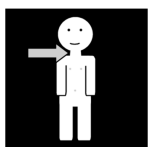
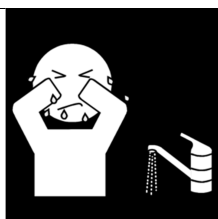


hals

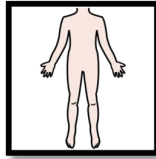


nek

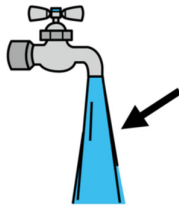
Ik spoel mijn gezicht, mijn hals en mijn nek met veel water



Ik was mijn lichaam



Ik doe water en zeep op mijn washand



water

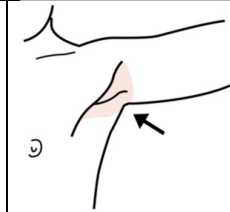
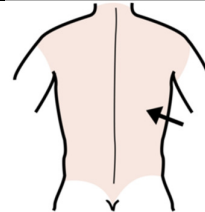
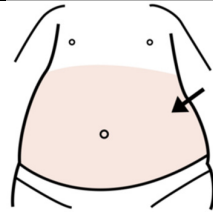
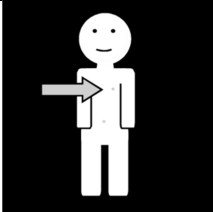


zeep

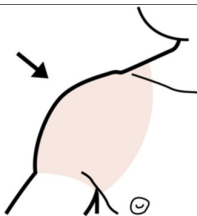


washand

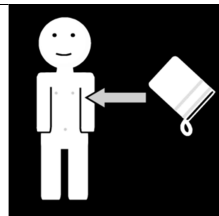
Ik was mijn borsten, mijn buik, mijn rug en mijn oksels



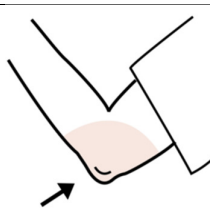
Ik was mijn schouders, mijn armen, mijn ellebogen, mijn polsen en mijn handen



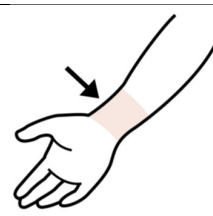
schouder



arm



elleboog

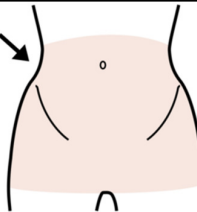


pols



hand

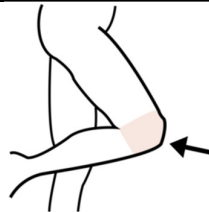
Ik was mijn heup, mijn benen, mijn knieën, mijn knieholtes en mijn enkels



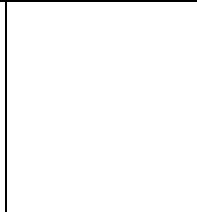
heup



been



knie



knieholte

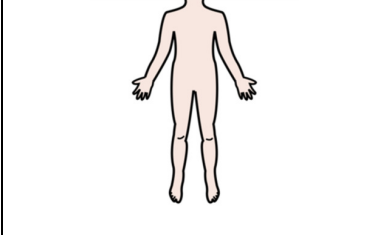
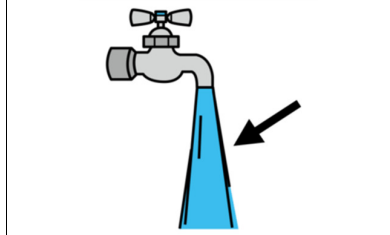


enkel

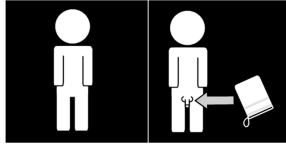
Ik was mijn voeten, bovenaan, onderaan, mijn tenen, tussen de tenen en mijn hielen

					
Voeten	Bovenaan	Onderaan	Tenen	Tussen de tenen	hiel

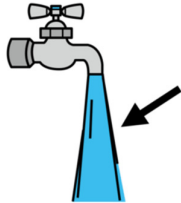
Ik spoel mijn lichaam met veel water zodat al het schuim weg is!

		
---	---	--

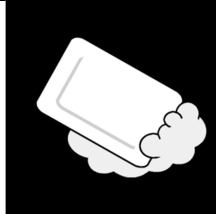
Geslachtsdelen wassen: man



Ik doe water en zeep op mijn washand



water

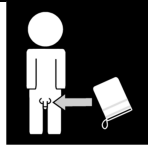


zeep

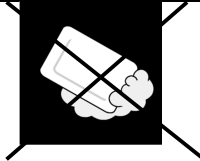


washand

Ik was mijn penis

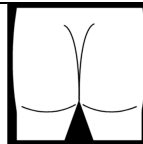
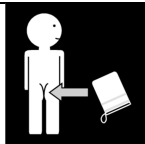


Geen zeep op de eikel

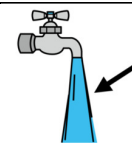
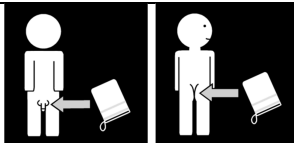


eikel

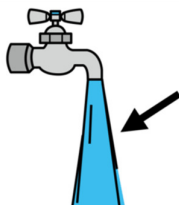
Ik was mijn achterste van voor naar achteren



Ik spoel met veel water zodat al het schuim weg is!



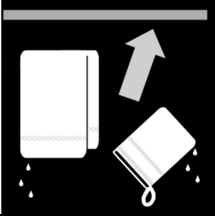
Ik spoel mijn washand met water uit

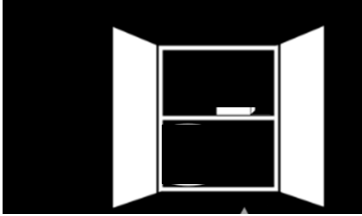
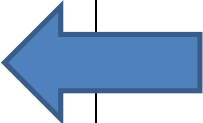


water

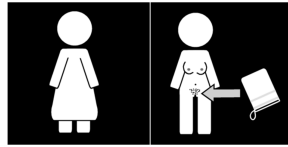


washand

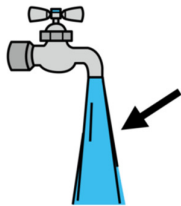
Ik droog me af		Ik hang handdoek en washand te drogen	
			

Ik kleed me aan	Ik ruim shampoo en zeep op		
			

Geslachtsdelen wassen: vrouw



Ik doe water en speciale zeep op mijn washand



Water



Speciale zeep

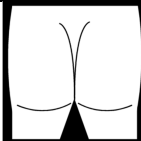
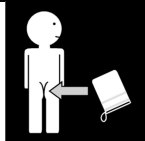


washand

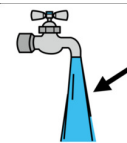
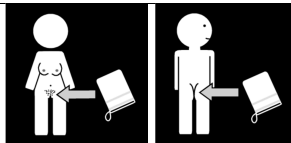
Ik was mijn vagina



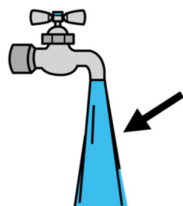
Ik was mijn achterste met zeep van voor naar achteren



Ik spoel met veel water zodat al het schuim weg is!



Ik spoel mijn washand met water uit



water



washand

Ik droog me af			Ik hang handdoek en washand te drogen		
					

Ik kleed me aan		Ik ruim shampoo en zeep op			
		