

### S03 Self Care Sticker Pack

This pack contains 72 symbol stickers (x 2 copies) for you to choose from to assist with morning and bedtime routines, getting dressed and clothing items, bathroom activities (teeth brushing, toilet, washing, bathing and showering) and general personal hygiene.

#### **Pack contents**

2 copies of each of the following 72 symbols:

**Wash time** - Shower, bath, wash, dry hair (with towel), dry hair (with dryer), towel, dry (body/face), shampoo, rinse, soap (x2), wash hands, dry hands

**Hygiene** - Brush hair, shave (x2), deodorant, cut nails (x2), tissues, blow nose, throw tissue away

**Teeth** - Toothpaste, toothbrush, rinse, toothpaste on brush, brush teeth, floss teeth

**Toilet** - Use toilet (standing/sitting), flush, toilet roll, wipe

**Routines** - Get up, get dressed (M/F), get undressed (M/F), pyjamas, bedtime, go to sleep, breakfast, tablets/medicine, story, watch, ear defenders, glasses

**Clothes** - Uniform, clothes, dress, cardigan, tie, blazer, polo shirt, jumper, t-shirt, vest, shirt, skirt, jeans, pants, trousers, shorts, socks, shoes, boots, trainers, tights, coat, raincoat, leggings

8 blank rectangular stickers to label your TomTag Button Holders

12 blank circular stickers to use for additional items or activities

All TomTag symbol stickers are water-resistant

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