



# *King Takes a Bath*



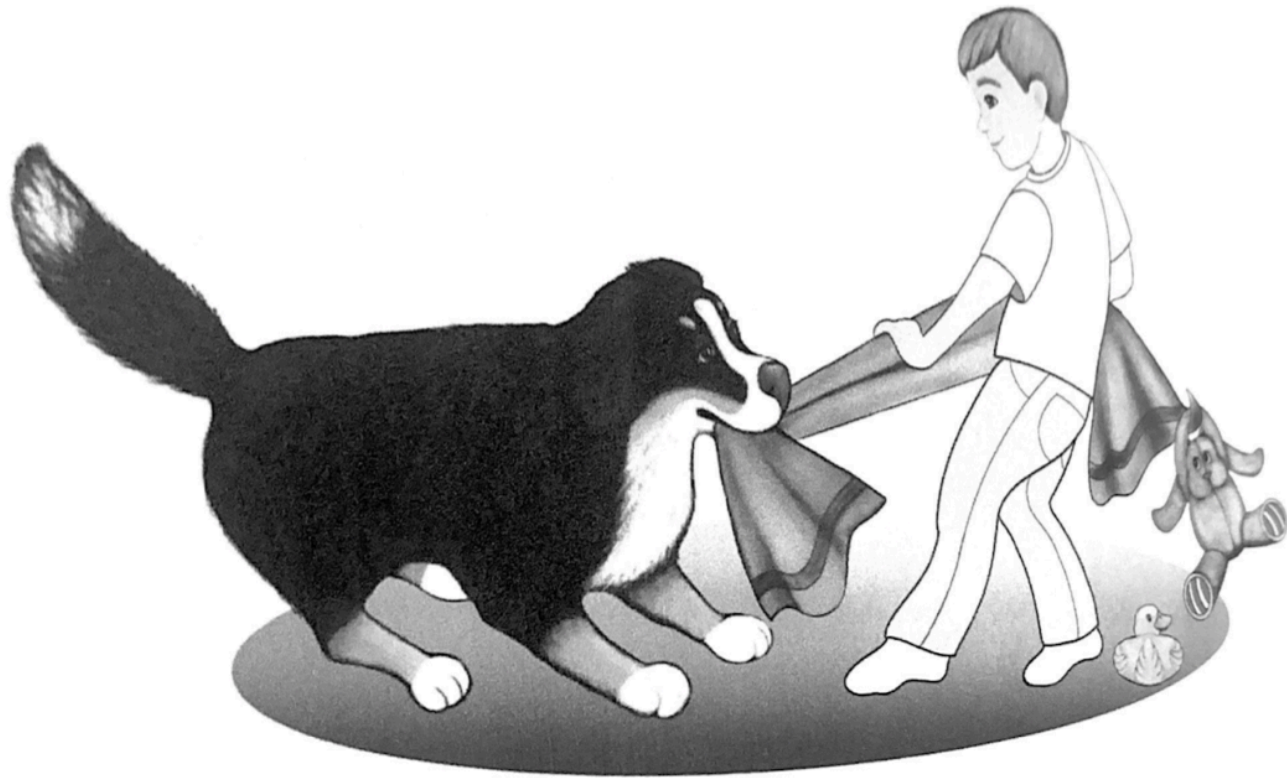
I love to play outside and dig in the garden.  
It's fun and it works my muscles, but it also  
makes me very dirty!



I know a bath will make me clean and calm my body, but I don't like baths. The water is never the right temperature and the splashing water scares me.



Mom says these tools will help me- Mom shows me a visual schedule, lavender scent, music and a visor so the water doesn't get in my eyes.



Before I get in the bath, I play tug of war with a towel. This helps my body to feel calmer and in the green zone.



I also test the water so I know how warm it will feel.  
The warm water feels good!



I wont get water in my eyes, because mom puts a visor on my head.



The music is so relaxing and the lavender smell makes my body feel calm.

I feel better. I like the bath! It really helps me!





Now that the bath is done, and I have a calm body, I can read a bedtime story and get a good night's sleep!