

Following Sam's birthday party on Saturday, his mummy said that he could choose one friend to stay for a sleepover. Sam instantly chose his best friend Dan and the two boys began to plan their evening.

**What might the two friends do during their sleepover?**

They decided that they would sleep in Dan's pop-up tent in Sam's bedroom and pretend that they were in a mysterious forest.

Saturday came quickly for a very excited Sam. Dan and their other friends arrived for Sam's birthday party. They played lots of games, before sitting down for their tea party in Sam's back garden. "Make sure you all wash your hands before you sit at the table," Sam's mummy said, as they made their way outside. "Why do we need to wash our hands?" Dan asked Sam.

**Why do you think you should wash your hands before you eat?**

"Because our hands are dirty and full of germs after playing all these games," Sam replied, "and they can give you a poorly tummy if they get onto your food and you eat them!" So Sam, Dan and the rest of their friends all washed their hands very carefully, ate their sandwiches and cakes before going home at the end of the party.

Bedtime came around and the two friends were excited and ready for their 'camping trip' in the mysterious forest! Mummy had packed a small rucksack with biscuits and juice for the boys to eat at supper time. "I'm just going to the toilet before I get into bed," Dan said. "Don't forget to wash your hands after you've been," reminded Sam. "Why do I need to wash my hands after going to the toilet?" Dan asked.

**Why should you wash your hands after you've used the toilet?**

Sam and Dan had great fun talking about their 'trip through the enchanted forest', meeting pixies and goblins and fighting off the dragon which flew at them from the top of the tallest tree! They had eaten all of their biscuits and had drunk their orange juice from their rucksack, when mummy came in to say it was time for sleep. "Let's brush our teeth before we go to sleep!" Sam said to Dan. "Why should we brush our teeth now?" asked Dan.

**Why should you brush your teeth before you go to bed?**

In the morning, Sam was first to wake. He clambered out from inside his tent, went into the bathroom to use the toilet and turned on the shower. He washed himself from head to toe, his hair, his face, behind his ears and in his ears, his neck and his shoulders and arms, under his arms, down his tummy and around his back, down his front, around his thighs and bottom, down each leg, around his ankles and in between each toe on both feet. After climbing out of the shower, Sam dried himself and combed his hair. By this time



## Story (cont.)

Dan was awake and asked him why he'd had a shower and what had he done to his hair.

**Why do you think you should have a shower (or bath)? How often should you have one? Why should you wash and comb / brush your hair?**

"I have a bath or a shower every day to keep me clean, fresh and so I smell nice," replied Sam.

After breakfast, Sam turned to Dan and said, "I'm just going to brush my teeth before we play out."

"Why are you brushing your teeth again, Sam? You brushed them last night before you went to sleep!" said Dan.

**Why do you think you should brush your teeth after your breakfast?**