

Physical Education

- The child has learned independence and self-care skills by taking a shower by himself.
- They have developed gross motor skills by washing their body and hair.
- They have learned about personal hygiene and the importance of cleanliness.
- They have improved their coordination and balance while standing and moving in the shower.

To continue developing these skills, parents can encourage the child to practice other self-care activities such as brushing their teeth, dressing themselves, and tying their shoelaces. They can also introduce other physical activities like swimming or playing sports to further enhance their gross motor skills.

Book Recommendations

- [I Can Do It Myself](#) by Stephen Krensky: This book encourages independence and self-confidence as it follows a young child's journey of learning to do things on their own.
- [Germs Are Not for Sharing](#) by Elizabeth Verdick: This book teaches children about personal hygiene, including the importance of washing their hands and keeping themselves clean to prevent the spread of germs.
- [The Busy Body Book: A Kid's Guide to Fitness](#) by Lizzy Rockwell: This book explores different aspects of physical fitness and how children can take care of their bodies through exercise, healthy eating, and good hygiene habits.

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