

## CLEAN YOUR EARS

Let's talk earwax--you know that horrible tasting stuff that comes out of your ear. Don't pretend you never tasted it, this raccoon knows better.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Wash your ears on four separate occasions over a two week period.

LEVEL A

PERIOD 1

TASK 2

Well, first let me tell you, earwax is your friend. It's there for a good reason and you want it to stay there because it protects your ear from infection and critters that might want to crawl in there. Ever heard of an earwig? I don't think they actually crawl in people's ears, but boy is that a creepy thought. So, anyway, we are not getting rid of all the earwax, just the stuff that people can see.

- First, you are not going to use Q-tips or anything like that. In fact, you'll not use anything other than your finger and a warm washcloth.
- Now, every time you have a bath or a shower, you wash your body and your hair, right? Your ears will need to be washed too.
- Use your washcloth to gently clean out all those cavities and creases.
- Finally, with your wet fingers, you can push your finger a little way into your ear (not too far) to make sure you've cleaned out any wax that was about to fall out.

And that's as simple as it is.

