

DO OR DON'T?

Intro to Nails Handout, ages 8-10

- | | | | |
|----|--|----|-------|
| 1. | Keep your nails really long. | DO | DON'T |
| 2. | Eat a healthy balanced diet. | DO | DON'T |
| 3. | Rub lotion on your nails. | DO | DON'T |
| 4. | Use nail polish remover more than twice a month. | DO | DON'T |
| 5. | Push back your cuticles. | DO | DON'T |
| 6. | Make sure you nails are clean. | DO | DON'T |
| 7. | Bite your nails. | DO | DON'T |



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