



Malinis at Handa

Clean and ready

 Espen Stranger-Johannessen

 Aakanee

 Christlaine

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 Tagalog / English



Naghuhugas siya ng kanyang kamay.

...

He washes his hands.



Naghihilamos siya ng kanyang mukha.

...

He washes his face.



Nagsisipilyo siya ng kanyang ngipin.

...

He brushes his teeth.



Nag-aahit siya.

...

He shaves.

Naliligo siya.



...

He showers.

Naghuhugas siya ng kanyang buhok.

...

He washes his hair.





Pinapatuyo niya ang kanyang sarili.

...

He dries himself.



Nagsusuklay siya ng kanyang buhok.

...

He combs his hair.



Pinuputol niya ang kanyang mga kuko.

...

He cuts his fingernails.



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