

Pop art Printable PDF

Pop art is a vibrant and influential art movement that emerged in the mid-20th century, characterized by its bold use of imagery from popular culture, mass media, and consumer goods. Originating in Britain and the United States during the 1950s and reaching its peak in the 1960s, pop art challenged traditional boundaries of fine art by embracing the aesthetics of advertising, comic strips, and everyday objects. Its playful yet provocative style has left a lasting impact on contemporary art, design, and culture, making it one of the most recognizable artistic movements of the modern era.

Origins and Historical Context of Pop Art

Roots in Post-War Society

Pop art emerged in a period of rapid social and technological change following World War II. The post-war economic boom led to increased consumerism and the proliferation of mass media, which significantly influenced artists. They began to incorporate imagery from advertisements, movies, and popular culture into their work, reflecting the shifting societal landscape.

Key Influences and Precursors

Several artistic and cultural movements paved the way for pop art, including:

- **Abstract Expressionism:** While emphasizing emotion and individual expression, pop artists reacted against its seriousness by embracing commercial imagery.
- **Surrealism:** Its focus on unexpected juxtapositions influenced pop art's playful approach.
- **Advertising and Mass Media:** The rise of television, comic books, and magazines provided a rich source of imagery for pop artists.

Emergence in Britain and America

Pop art developed simultaneously in the United Kingdom and the United States, with notable figures such as:

- **United Kingdom:** Richard Hamilton, often considered one of the first pop artists, created works like *Just what is it that makes today's homes so different, so appealing?* (1956).
- **United States:** Artists like Andy Warhol, Roy Lichtenstein, and James Rosenquist brought pop

art to international prominence.

Characteristics of Pop Art

Use of Popular Culture Imagery

Pop art is distinguished by its focus on imagery from:

- Advertising
- Comics and cartoons
- Celebrity culture
- Mass-produced products
- Media and entertainment

Bold Colors and Repetition

Artists often employed vibrant, eye-catching colors and repeated motifs to mimic commercial packaging and advertising techniques, creating visual impact and emphasizing consumer culture.

Techniques and Media

Pop artists used a variety of methods, including:

- Silkscreen printing
- Collage
- Acrylic paints
- Mixed media

These techniques allowed for mass production and replication, blurring the line between fine art and commercial art.

Irony and Commentary

Many pop artworks contain a layer of irony or critique, questioning the values of consumerism and media saturation while simultaneously celebrating popular culture.

Major Artists and Their Contributions

Andy Warhol

Often regarded as the face of pop art, Andy Warhol revolutionized the art world with his use of silkscreen printing and iconic images such as:

- Campbell's Soup Cans
- Marilyn Monroe
- Elvis Presley

Warhol's work explored themes of fame, mass production, and commodification, making him a symbol of the intersection between art and commerce.

Roy Lichtenstein

Lichtenstein drew inspiration from comic strips, employing Ben-Day dots and bold outlines to create paintings like *Whaam!* and *Drowning Girl*. His work challenged notions of originality and artistic hierarchy.

James Rosenquist

Rosenquist's large-scale collages integrated advertisements and consumer products, creating powerful visual narratives that comment on the pervasive influence of advertising.

Other Notable Artists

- Tom Wesselmann
- Claes Oldenburg
- Keith Haring
- Robert Rauschenberg

Pop Art's Impact on Culture and Society

Redefining Artistic Boundaries

Pop art challenged traditional definitions of art by incorporating imagery from everyday life, making art more accessible and relatable to the general public.

Influence on Advertising and Design

The movement's emphasis on bold visuals and mass media influenced:

- Graphic design
- Fashion
- Advertising campaigns
- Music album covers

Legacy in Contemporary Art

Today, pop art continues to inspire artists, designers, and marketers. Its themes of consumerism, celebrity culture, and media saturation remain relevant, and its techniques are echoed in:

- Street art
- Digital art
- Popular culture references

Pop Art in the Modern Era

Digital Age and New Media

With the advent of the internet and digital technology, pop art has evolved to include:

- Digital collages
- Social media-inspired artwork
- Memes and viral images

Artists today often remix and reinterpret classic pop motifs, reflecting contemporary culture's obsession with instant communication and viral content.

Pop Art Festivals and Exhibitions

Major museums worldwide host pop art exhibitions, celebrating its history and ongoing influence. Events like:

- The Museum of Modern Art (MoMA) in New York
- The Tate Modern in London
- The Museum of Contemporary Art (MOCA) in Los Angeles

feature comprehensive collections and retrospectives of pop art.

Conclusion

Pop art stands as a testament to the power of visual culture and its ability to reflect and critique societal values. From its origins as a rebellious response to traditional art to its current status as a global phenomenon, pop art continues to captivate audiences with its vibrant imagery, innovative techniques, and provocative commentary. Whether through the iconic works of Warhol and Lichtenstein or the digital innovations of today's artists, pop art remains an enduring symbol of the intersection between popular culture and artistic expression.

Keywords for SEO Optimization

- pop art history
- famous pop artists
- pop art techniques
- pop art movement
- pop art examples
- pop art influence
- modern pop art
- pop art exhibitions
- pop art and culture
- pop art artworks

Pop Art: A Cultural Revolution in Visual Expression

The emergence of pop art in the mid-20th century marked a pivotal turning point in the history of modern art. It challenged traditional notions of aesthetics, originality, and artistic seriousness, instead embracing mass culture, commercial imagery, and popular icons. As a movement that bridged the gap between high art and everyday life, pop art continues to influence contemporary visual culture, advertising, and design. This investigative review delves into the origins, key figures, thematic concerns, and lasting impact of pop art, unraveling how it transformed the artistic landscape and mirrored the societal shifts of its era.

The Origins and Historical Context of Pop Art

Post-War Societies and the Rise of Consumer Culture

The roots of pop art can be traced back to the socio-economic upheavals following World War II. The post-war boom in Western countries, especially the United States and Britain, ushered in an era characterized by rapid industrialization, technological advances, and an explosion of consumer goods. Advertising, television, and mass media became central to everyday life, shaping popular

tastes and perceptions.

This burgeoning consumer culture fostered a sense of optimism but also raised questions about authenticity, originality, and the value of art itself. Artists began to question whether traditional methods and subject matter could adequately respond to this new environment dominated by commercial imagery.

Precursors and Influences

While pop art emerged distinctly in the 1950s and 1960s, it was influenced by earlier artistic movements and cultural phenomena:

- Dada and Surrealism: The playful, provocative spirit and collage techniques of Dada artists like Marcel Duchamp and Hannah Höch laid groundwork for mixing high and low culture.
- Abstract Expressionism: Although stylistically different, the emphasis on individual expression in abstract expressionism contrasted with pop art's focus on mass culture, setting the stage for a more accessible visual language.
- Consumer and Advertising Art: The rise of commercial art, comic strips, and magazine illustrations provided visual motifs and techniques that pop artists would later adopt and elevate into fine art.

Key Figures and Artistic Practices

Andy Warhol: The King of Commercial Art and Celebrity Culture

Arguably the most iconic figure associated with pop art, Andy Warhol exemplified the movement's fascination with mass production and celebrity. His silk-screen prints of Marilyn Monroe, Campbell's Soup cans, and Elvis Presley blurred the boundaries between commercial imagery and fine art, questioning notions of originality.

Warhol's practice involved:

- Repetition and Seriality: Reflecting industrial manufacturing processes, emphasizing the reproducibility of images.

- Use of Commercial Techniques: Silk-screen printing allowed for mass production, democratizing art and challenging traditional notions of craftsmanship.

- Celebrity and Media Critique: His focus on fame and media saturation critiqued the commodification of culture.

Roy Lichtenstein: Comic Strips as Fine Art

Roy Lichtenstein brought comic book aesthetics into the gallery setting, transforming cheap, mass-produced imagery into high art. His signature use of Ben-Day dots, bold lines, and speech bubbles created a new visual vocabulary.

Lichtenstein's key contributions include:

- Elevating lowbrow imagery to fine art status.
- Questioning the distinction between "high" and "low" culture.
- Exploring themes of romance, war, and consumerism through a comic aesthetic.

Other Notable Artists

- Claes Oldenburg: Known for large-scale sculptures of everyday objects (e.g., soft sculptures of hamburgers, giant pencils).

- Tom Wesselmann: Focused on themes of sexuality and consumer goods, often incorporating collage techniques.

- Robert Rauschenberg: His combines integrated painting and sculpture, emphasizing the merging of different media and cultural references.

Thematic Concerns and Artistic Techniques

Mass Culture and Consumerism

Pop art's central concern was the omnipresence of mass media and consumer products. Artists celebrated and critiqued the proliferation of advertising, branding, and celebrity culture. The use of familiar images, logos, and products questioned notions of originality and artistic value.

Celebrity and Media Saturation

The rise of television and mass communication made celebrities accessible and omnipresent. Pop art reflected this phenomenon, often portraying iconic figures and exploring the superficiality of fame.

Repetition and Seriality

Inspired by industrial manufacturing, pop artists employed techniques like silkscreen printing and collage to reproduce images multiple times, emphasizing the reproducibility of consumer goods and media images.

Techniques and Materials

- Silkscreen Printing: Enabled mass production of artworks, as seen in Warhol's works.
- Collage and Assemblage: Combining photographs, newspaper clippings, and printed images.
- Bold Colors and Graphic Lines: Borrowed from commercial art and comic books.

Pop Art's Impact and Legacy

Challenging Artistic Hierarchies

Pop art's embrace of commercial imagery and popular culture challenged the elitism of traditional art. By elevating mundane objects and images to fine art status, pop artists democratized artistic expression.

Influence on Contemporary Art and Culture

- Graphic Design and Advertising: Techniques and aesthetics from pop art are evident in modern advertising and branding.

- Postmodernism: Pop art's blending of high and low culture laid groundwork for postmodern approaches to art and culture.

- Digital Media: The movement's themes of reproduction and media saturation resonate in the digital age, where images are endlessly manipulated and disseminated.

Criticisms and Controversies

Despite its influence, pop art faced criticism:

- Commercialization: Critics argued that it merely mirrored consumer culture without critique.
- Artistic Authenticity: Some viewed pop art's reliance on reproductions as undermining notions of originality.
- Cultural Appropriation: The use of imagery from different cultural sources raised questions about cultural sensitivity and appropriation.

Pop Art in Global Context

While pop art is often associated with American and British artists, its influence spread globally:

- Japan: Artists like Takashi Murakami fused pop art with Japanese manga and anime.
- Germany and France: Developed their own interpretations, often engaging with political themes.
- Latin America: Artists incorporated local culture and social issues into pop art frameworks.

Conclusion: The Enduring Relevance of Pop Art

Pop art remains a vital part of contemporary visual culture, not only for its aesthetic innovations but also for its incisive commentary on society's relationship with media, consumerism, and celebrity. Its legacy endures in the proliferation of image-based art forms, from street art to digital media, continuing to challenge viewers to reconsider the boundaries between art and everyday life.

As a cultural phenomenon, pop art exemplifies how art can reflect, critique, and even participate in the very culture it examines. Its ability to adapt and resonate across decades underscores its significance as a revolutionary movement that reshaped the landscape of modern art and popular culture alike.

Question What is pop art and how did it originate? Pop art is an art movement that emerged in the 1950s in Britain and the United States, characterized by themes and techniques drawn from popular culture, such as advertising, comic books, and mass media. It originated as a reaction against traditional fine art and sought to blur the boundaries between 'high' and 'low' culture. **Who are some of the most influential pop artists?** Some of the most influential pop artists include Andy Warhol, Roy Lichtenstein, Keith Haring, Claes Oldenburg, and Robert Rauschenberg. These artists helped define and popularize the movement with their distinctive styles and use of consumer imagery. **How has pop art influenced contemporary culture and art?** Pop art has significantly influenced contemporary culture by blurring the lines between commercial and fine art, inspiring street art, graphic design, and fashion. Its emphasis on popular imagery has paved the way for the integration of media, advertising, and celebrity culture into modern artistic expression. **What are some common themes and techniques used in pop art?** Common themes in pop art include consumerism, mass media, celebrity culture, and everyday objects. Techniques often involve bold colors, Ben-Day dots, collage, repetition, and appropriation of popular imagery to create striking visual statements. **Is pop art still relevant today?** Yes, pop art remains highly relevant today as it continues to influence modern artists, advertising, and media. Its focus on consumer culture and mass communication resonates in today's digital age, making it a lasting and influential movement in contemporary art.

Related keywords: Andy Warhol, Roy Lichtenstein, vibrant colors, comic book style, Warhol soup cans, contemporary art, bold graphics, mass media, cultural commentary, retro aesthetic

Adl sequencing cards bathing

adl sequencing cards bathing are valuable tools designed to support individuals with developmental delays, cognitive impairments, or those recovering from injury in mastering daily living activities. Among these, bathing is a fundamental activity that promotes hygiene, independence, and overall well-being. Using ADL (Activities of Daily Living) sequencing cards for bathing can help individuals understand and perform each step in the correct order, fostering confidence and autonomy. These visual aids are especially beneficial for children with autism spectrum disorder (ASD), individuals with Down syndrome, or those undergoing occupational therapy. In this article, we will explore the importance of ADL sequencing cards for bathing, their benefits, how to use them effectively, and tips for creating personalized cards to meet individual

needs.

Understanding ADL Sequencing Cards for Bathing

What Are ADL Sequencing Cards?

ADL sequencing cards are visual tools that depict each step involved in a daily activity, arranged in logical order. They typically feature pictures, icons, or images accompanied by brief descriptions or labels. These cards serve as visual cues to help individuals understand what to do next, reinforce routines, and reduce anxiety associated with unfamiliar tasks.

The Role of Sequencing Cards in Bathing

Bathing involves multiple sequential steps?from gathering supplies to rinsing and drying. Sequencing cards break down this process into manageable parts, making it easier for individuals to learn and remember each step. They promote independence by providing clear, visual instructions that minimize reliance on prompts or assistance.

Benefits of Using ADL Sequencing Cards for Bathing

Enhances Independence and Confidence

Using visual cards enables individuals to perform bathing tasks independently, boosting their confidence. When they understand each step visually, they are more likely to complete the activity without constant adult supervision.

Supports Learning and Memory

Sequencing cards serve as repetitive visual cues that reinforce learning. They aid in memory retention by providing a consistent reference for the bathing routine.

Reduces Anxiety and Behavioral Challenges

For individuals who experience anxiety around unfamiliar or complex activities, visual aids provide predictability and structure. This can reduce behavioral issues such as resistance or refusal to bathe.

Facilitates Communication

For non-verbal individuals or those with communication challenges, visual cards act as a communication tool, helping them express needs or understand expectations regarding bathing.

How to Use ADL Sequencing Cards for Bathing Effectively

Step 1: Prepare the Cards

Before starting, gather or create a set of bathing sequencing cards tailored to the individual's needs. Ensure the images are clear, simple, and culturally appropriate. You can use printed photographs, clipart, or customized drawings.

Step 2: Introduce the Routine

Begin by explaining the bathing routine using the cards. Show each card one at a time, describing the step and allowing the individual to observe and ask questions.

Step 3: Practice the Sequence

Encourage the individual to arrange the cards in the correct order. Practice completing the activity while referencing the cards, gradually fading prompts as they become more independent.

Step 4: Use the Cards During Actual Bathing

Place the cards in a visible location near the bathing area. As the individual performs each step, they can check the corresponding card. Over time, they may rely less on the cards, using them as a visual checklist.

Step 5: Reinforce and Review

Consistently review the sequence cards during each bath to reinforce learning. Praise efforts and successes to motivate continued independence.

Designing Personalized Bathing Sequencing Cards

Assessing Individual Needs

Consider the person's developmental level, cognitive abilities, and specific challenges. Tailor the complexity of the cards accordingly?use simple images for younger children or those with significant impairments, and more detailed visuals for others.

Choosing Visuals and Labels

Use clear, easily recognizable images that accurately depict each step. Incorporate labels or short descriptions if helpful. Consistency in visuals fosters familiarity and understanding.

Incorporating Sensory Preferences and Safety

If the individual has sensory sensitivities, select calming or neutral images. Include safety cues, such as reminding about water temperature or avoiding slipping hazards.

Examples of Bathing Sequencing Cards

- Gather bathing supplies (soap, towel, washcloth)
- Undress and remove clothing
- Turn on the water and adjust temperature
- Get into the bath or shower
- Wash face, hair, and body
- Rinse off soap and shampoo
- Turn off the water
- Get out of the bath/shower
- Dry off with a towel
- Get dressed in clean clothes
- Brush teeth (if part of the routine)

Additional Tips for Maximizing Effectiveness

Use Consistent Routines

Consistency helps reinforce learning. Use the same set of cards and routine each time to build familiarity.

Involve the Individual in Card Creation

Engaging the individual in choosing images or creating the cards can increase motivation and understanding.

Combine Visuals with Verbal Cues

Pair the cards with spoken instructions or prompts to support dual-channel learning.

Adjust as Skills Progress

As independence improves, gradually remove or simplify the cards to promote internalization of the routine.

Incorporate Positive Reinforcement

Praise and reward successful completion of bathing steps to foster motivation and confidence.

Conclusion

ADL sequencing cards for bathing are powerful tools that support independence, safety, and self-care skills for individuals with diverse needs. By breaking down the bathing process into visual steps, these cards help reduce anxiety, improve understanding, and promote mastery of a vital daily activity. Whether used in therapy settings, at home, or in educational environments, personalized and consistent use of bathing sequencing cards can make a meaningful difference in an individual's ability to care for themselves. With thoughtful design and implementation, these visual aids empower individuals to achieve greater independence and enjoy a higher quality of life.

adl sequencing cards bathing: An In-Depth Examination of a Therapeutic Tool for Autism and Developmental Disorders

Introduction

In recent years, the use of adaptive and developmental tools has gained significant traction among therapists, educators, and parents seeking to support children with autism spectrum disorder (ASD) and other developmental challenges. Among these tools, adl sequencing cards bathing have emerged as a popular and effective resource. This article aims to explore the origins, design, application, efficacy, and considerations surrounding ADL (Activities of Daily Living) sequencing cards specifically tailored for bathing routines. Through a comprehensive review, we seek to inform practitioners, caregivers, and researchers about this innovative intervention.

Understanding ADL Sequencing Cards Bathing

What Are ADL Sequencing Cards?

ADL sequencing cards are visual aids that depict sequential steps involved in common daily activities. These cards serve as prompts to help individuals understand, learn, and independently execute routine tasks. When designed for bathing, these cards break down complex self-care routines into manageable, visual steps, often accompanied by images, symbols, or simple text.

Purpose and Rationale

The primary goal of bathing sequencing cards is to foster independence, reduce anxiety, and improve comprehension for children with developmental delays. Visual supports like these are grounded in evidence-based practices emphasizing visual learning and structured routines, which

are particularly beneficial for children with ASD who often process information more effectively through visual cues.

Historical Context and Development

The use of visual schedules and activity sequencing tools has evolved over decades, rooted in applied behavioral analysis (ABA), TEACCH (Treatment and Education of Autistic and Communication-related handicapped Children), and other evidence-based frameworks. The adaptation of these tools into card format for specific routines like bathing reflects an effort to make intervention accessible, portable, and customizable.

Design and Features of Bathing Sequencing Cards

Visual Content

- Step-by-step images or icons illustrating each stage of bathing (e.g., gathering supplies, turning on the water, washing, rinsing, drying).
- Use of clear, simple visuals to avoid confusion.
- Consistent color schemes or themes to enhance recognition.

Format and Size

- Typically laminated for durability.
- Standard sizes ranging from 3x5 inches to larger formats for visual clarity.
- Magnetic or velcro-backed options for easy attachment and rearrangement.

Number of Cards

- Depending on the complexity of the routine, a set may include 8-15 cards.
- Cards can be customized to suit individual needs, adding or removing steps as necessary.

Customization and Flexibility

- Ability to tailor cards to reflect specific routines or preferences.
- Inclusion of personalized images or icons.
- Integration with existing routines or schedules.

Application in Therapeutic and Home Settings

Therapeutic Use

- Employed by occupational therapists (OTs) and behavior analysts to teach self-care skills.
- Used during structured therapy sessions to promote skill generalization.
- Serve as visual prompts during task chaining or chaining procedures.

Home and Educational Settings

- Caregivers and teachers utilize these cards to establish consistent routines.
- Aid in reducing dependency on verbal prompts.
- Encourage independence and self-confidence in children.

Effectiveness and Evidence Base

Research Findings

Several studies and clinical reports support the efficacy of visual sequencing tools, including bathing cards, in improving self-care skills among children with ASD:

- Improved task completion and independence.
- Reduced anxiety related to unfamiliar routines.
- Enhanced understanding and retention of steps involved in self-care.

Limitations and Challenges

- Over-reliance on visual aids may impede transition to unassisted performance.
- Variability in individual preferences necessitates customization.
- Potential for cards to become outdated if routines change frequently.

Case Studies and Practical Outcomes

Case studies have demonstrated significant gains in independence and self-regulation when bathing sequencing cards are integrated into intervention plans. For example, a 6-year-old child with ASD showed increased cooperation and reduced time required for bathing after consistent use of visual cards over three months.

Best Practices for Implementation

Assessment and Individualization

- Conduct thorough assessments to identify specific needs and abilities.
- Customize card content to reflect individual routines and preferences.

Gradual Introduction

- Begin with a simplified version of the routine.
- Use prompts and gradual fading strategies to promote independence.

Consistency and Reinforcement

- Use the cards consistently across settings.
- Provide positive reinforcement for successful task completion.

Monitoring and Adjustment

- Regularly review progress.
- Adjust the number and complexity of cards as skills develop.

Potential Pitfalls and Considerations

Cultural and Language Factors

- Ensure visuals are culturally appropriate and understandable.
- Consider language diversity when incorporating text.

Maintenance and Upkeep

- Keep the cards clean and intact.
- Update cards as routines evolve to maintain relevance.

Cost and Accessibility

- Materials are generally affordable, but costs can add up with large sets.
- Digital versions or apps are emerging alternatives for broader accessibility.

Conclusion

ADL sequencing cards for bathing represent a valuable, evidence-based tool in the arsenal for supporting children with developmental challenges. By translating complex routines into visual, step-by-step guides, these cards empower children to develop independence, reduce anxiety, and build essential self-care skills. Their success hinges on thoughtful customization, consistent application, and integration within a broader intervention framework. Ongoing research and technological innovations promise to expand their utility and accessibility, making bathing sequencing cards an enduring component of child-centered therapeutic strategies.

Future Directions

Advancements in digital technology, such as interactive apps and customizable software, are poised to enhance the flexibility and engagement of ADL sequencing tools. Further research is needed to quantify long-term outcomes and optimal implementation strategies across diverse populations. Collaboration among clinicians, educators, researchers, and families will be key to refining these tools for maximum benefit.

In Summary

The integration of bathing sequencing cards into therapeutic and daily routines offers a practical, visual approach to fostering independence and self-care skills in children with ASD and other developmental disorders. Their thoughtful design, tailored application, and evidence-based use can significantly improve quality of life and functional outcomes for children and their families.

Question What are ADL sequencing cards for bathing used for? ADL sequencing cards for bathing are used to help individuals break down the bathing process into manageable steps, improving independence and safety during self-care routines. **How can I incorporate ADL sequencing cards into a bathing routine?** You can introduce the cards gradually, guiding the individual through each step of bathing, and using them as visual prompts to promote independence and confidence. **Are ADL sequencing cards suitable for all ages?** Yes, these cards can be adapted for children, adults, or elderly individuals, especially those with cognitive impairments or learning needs requiring visual cues. **What are the benefits of using sequencing cards for bathing?** They help improve task comprehension, promote independence, reduce anxiety during routines, and assist caregivers in teaching or supervising bathing activities. **How do I create personalized ADL sequencing cards for bathing?** You can create personalized cards by photographing or illustrating each step of the bathing process tailored to the individual's needs, then laminating them for durability. **Can ADL sequencing cards be used in therapy sessions?** Yes, therapists often use them

to teach or reinforce bathing skills, especially for clients with developmental delays, cognitive impairments, or rehabilitation needs. What are some common steps included in bathing sequencing cards? Typical steps include gathering supplies, undressing, washing, rinsing, drying, dressing, and ensuring safety precautions like checking water temperature. How do I introduce ADL sequencing cards to someone resistant to change? Start gradually, involve the individual in the process of creating the cards, and use positive reinforcement to encourage participation and acceptance. Are there digital versions of ADL sequencing cards available? Yes, digital versions and apps are available, allowing for interactive and customizable sequencing tools that can be used on tablets or computers. What should I consider when choosing or designing bathing sequencing cards? Ensure the steps are clear and simple, use visual cues that are easily understandable, and tailor the content to the individual's cognitive and physical abilities.

Related keywords: ADL, sequencing, cards, bathing, disability, independence, daily living, therapy, rehabilitation, assistance

Read the full article online: [ADL SEQUENCING CARDS BATHING](#)