



## HOW TO BRUSH YOUR TEETH

### Lesson Title: How to Brush Your Teeth

**Focus:** Morning routines, personal hygiene, simple present tense

#### Objectives

- Students learn and practice vocabulary related to the morning routine.
- Students answer and ask simple questions about their mornings.
- Students complete short sentences with routine actions.

#### Warm-Up Activities

**Picture Talk:** Click on the links on page 5 for pronunciation (Handout)



**Ask:** What do you see? What do you do first in the morning?

#### Quick Survey

Ask students to raise their hands:

- Who wakes up early?
- Who eats breakfast every day?
- Who drinks water first?

#### Mime Game

Teacher mimes brushing teeth, drinking water, eating cereal, etc.

Students guess the action.

# Worksheet

## Pair Questions

Student A	Student B
1. What time do you wake up?	1. Do you wake up early?
2. Do you brush your teeth in the morning?	2. Do you drink water first?
3. Do you eat breakfast?	3. Do you brush your teeth after breakfast?
4. Do you like mornings?	4. Is your morning good?

## Sentence Completion:

1. I wake up at \_\_\_\_\_ o'clock.



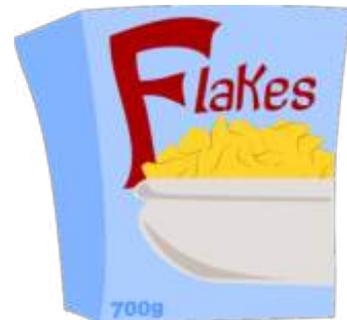
2. I \_\_\_\_\_ my teeth every morning.



3. I drink \_\_\_\_\_ .



4. I eat \_\_\_\_\_ for breakfast.



## Reading & Simple Comprehension

**Focus:** Short reading + true/false + basic sequencing.

**Visual:** Link on Page 1

### 1. Short Story

My Good Morning

First, I wake up at 7:00. I drink a glass of water. Next, I brush my teeth. I put toothpaste on my brush. Then, I brush gently for two minutes. After that, I rinse my mouth with water. Finally, I eat breakfast and go to school. I feel happy!

### 2. True or False

- I wake up at 7:00. True / False
- I drink coffee first. True / False
- I brush my teeth for two minutes. True / False
- I brush my tongue. True / False
- I feel happy after my routine. True / False

### 3. Put the Events in Order

- \_\_\_\_\_ Brush my teeth.
- \_\_\_\_\_ Wake up at 7:00.
- \_\_\_\_\_ Drink water.
- \_\_\_\_\_ Rinse my mouth.
- \_\_\_\_\_ Eat breakfast.

### Speaking & Sequencing Practice - Focus: Interactive pair work + ordering.

#### 1. Let's Talk!

What do you do first in the morning? (**Example:** First, I wake up.)

- What do you do next?
- What do you do after you brush your teeth?
- What do you do last before school?

#### 2. Match Sentence Halves

- First, I... eat breakfast.
- Next, I... wake up.
- Then, I... go to school.
- Finally, I... brush my teeth.

#### 3. Number the Steps

- \_\_\_\_\_ Put toothpaste on the brush.
- \_\_\_\_\_ Brush your teeth.
- \_\_\_\_\_ Rinse your mouth.
- \_\_\_\_\_ Get your toothbrush.



## Homework – My Morning

Ask 1–2 family members

- Do you brush your teeth every day? Yes / No
- How many times a day? 1 / 2 / more
- Do you brush first or after breakfast? First / After
- What do you do after brushing? \_\_\_\_\_

**Draw & Write Simple** - Draw your morning and write 3 short sentences.

<b>I wake up</b>
<b>I brush my teeth</b>
<b>I eat breakfast</b>

## Handout

Click on the links to listen:

Wake up <https://forvo.com/search/Wake up/>

Brush teeth [https://forvo.com/search/brush/en\\_usa/](https://forvo.com/search/brush/en_usa/)

Eat breakfast [https://forvo.com/search/eat breakfast/en\\_usa/](https://forvo.com/search/eat breakfast/en_usa/)

Drink water <https://forvo.com/search/drink water/>

Get dressed <https://forvo.com/search/get dressed/>

