

Brush them.



HOW TO BRUSH YOUR TEETH

Brush Your Teeth Twice A Day

Fill the gaps with these words

*Before, Before you do anything, First, First you, First of all, Second
Then, Then you, After that, After that, you can, Next.
Now, Now you can, Lastly, And finally, And finally you...*

1. _____, floss your teeth.
2. _____, get your toothbrush and toothpaste.
3. _____, open the toothpaste and put a small amount on your brush.
4. _____, close the toothpaste/close the lid/put the lid back on.
5. _____, brush your teeth gently for 2-3 minutes.
6. _____, brush your tongue gently. [don't press too hard, or you'll damage the tissue] This helps keep bad breath away...
7. _____, rinse [clean] your toothbrush. Keep the toothpaste in your mouth whilst cleaning your toothbrush.
8. _____, you can either rinse your mouth with a small sip of water OR spit out the toothpaste [do NOT swallow].
9. _____, if you have mouthwash, or you don't like the taste of your toothpaste, take a sip of mouthwash and rinse your mouth for about 30 seconds.

True or False?

T or F

1. Brush your teeth at least twice a day. _____
2. It feels funny when you brush your tongue. _____
3. It is better to brush your teeth after breakfast. _____
4. Flossing is only for girls. _____
5. Brush your teeth gently. _____
6. Don't eat anything after you brushed your teeth at night. _____
7. It is good for your teeth to have/keep the fluoride in your mouth for 2-3 minutes. _____