



# How Do You Brush Your Teeth?

Learning Resource-9



Trace the numbers to know the steps of brushing the teeth correctly.



Put water from the tap on your toothbrush.




Put a small dot of toothpaste on your toothbrush.



Spit the toothpaste into the sink. Rinse your mouth and toothbrush with water.

**Brush your teeth:**

- top teeth
- bottom teeth
- front teeth
- inside teeth



Put away your toothbrush and smile!

**Dear Educator!**

- ✓ Trace the numbers to know the steps of brushing teeth correctly.
- ✓ Discuss why it is important to brush our teeth.
- ✓ Ask me: What will happen if we don't brush our teeth every day?
- ✓ Tell me to circle the first step using a green crayon. Also, ask me to circle the last step using a blue crayon.

