

## PHPHE: Brushing Teeth

Show student how to brush their teeth.

You might like to watch a video such as 'How to brush your teeth' by American Dental Associations (<https://www.youtube.com/watch?v=xm9c5HAUBpY>) or use the attached visuals.

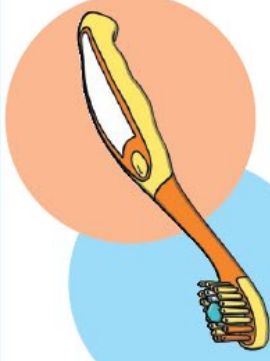
Have student brush their teeth.

Complete teeth brushing sequencing activity.



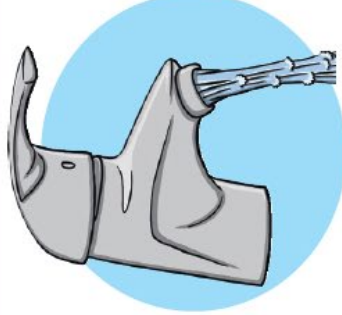
Get your toothbrush.

[twinkl.com](https://www.twinkl.com)



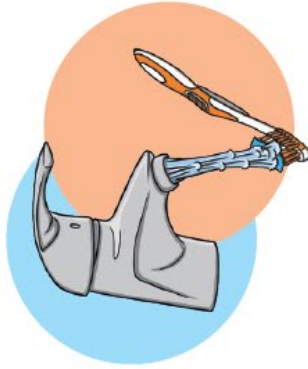
Put some toothpaste on  
your toothbrush.

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Turn on the water.

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Wet your toothbrush  
with water.

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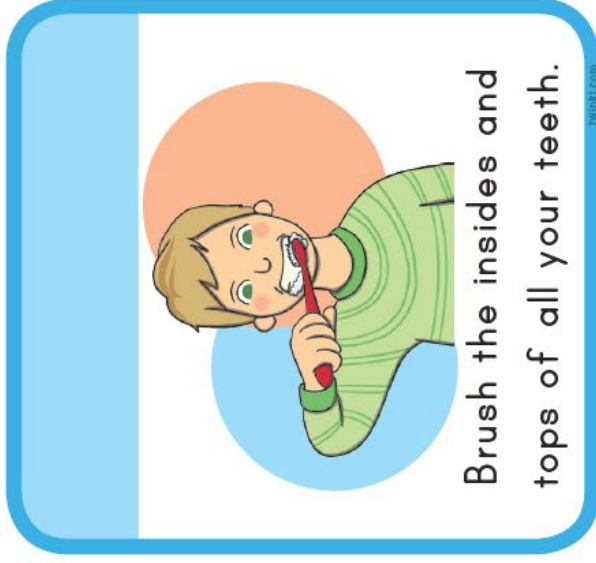
Brush the front of your  
teeth.

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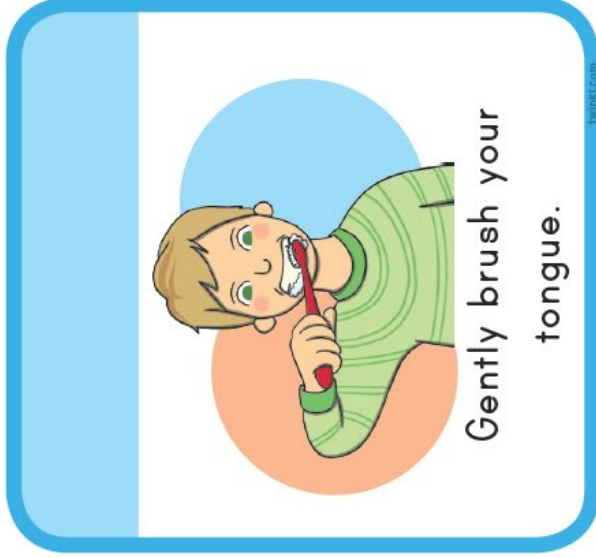


Brush the back of your  
teeth.

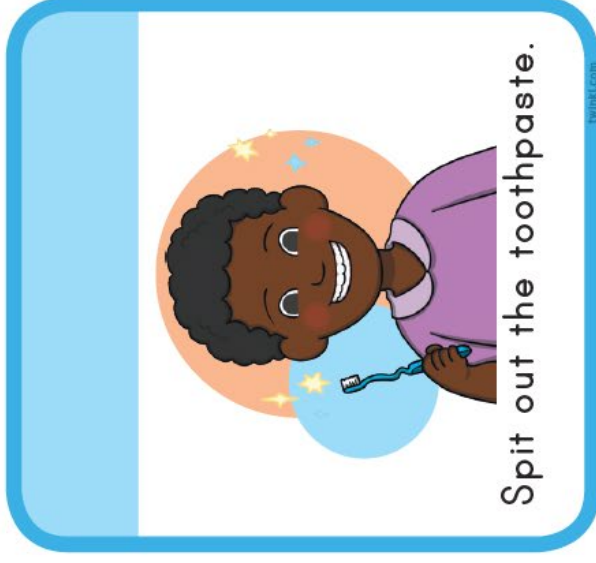
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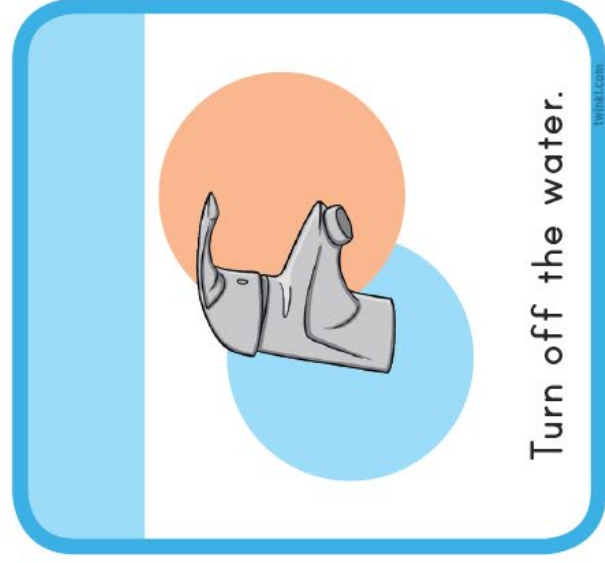
Brush the insides and  
tops of all your teeth.



Gently brush your  
tongue.



Spit out the toothpaste.

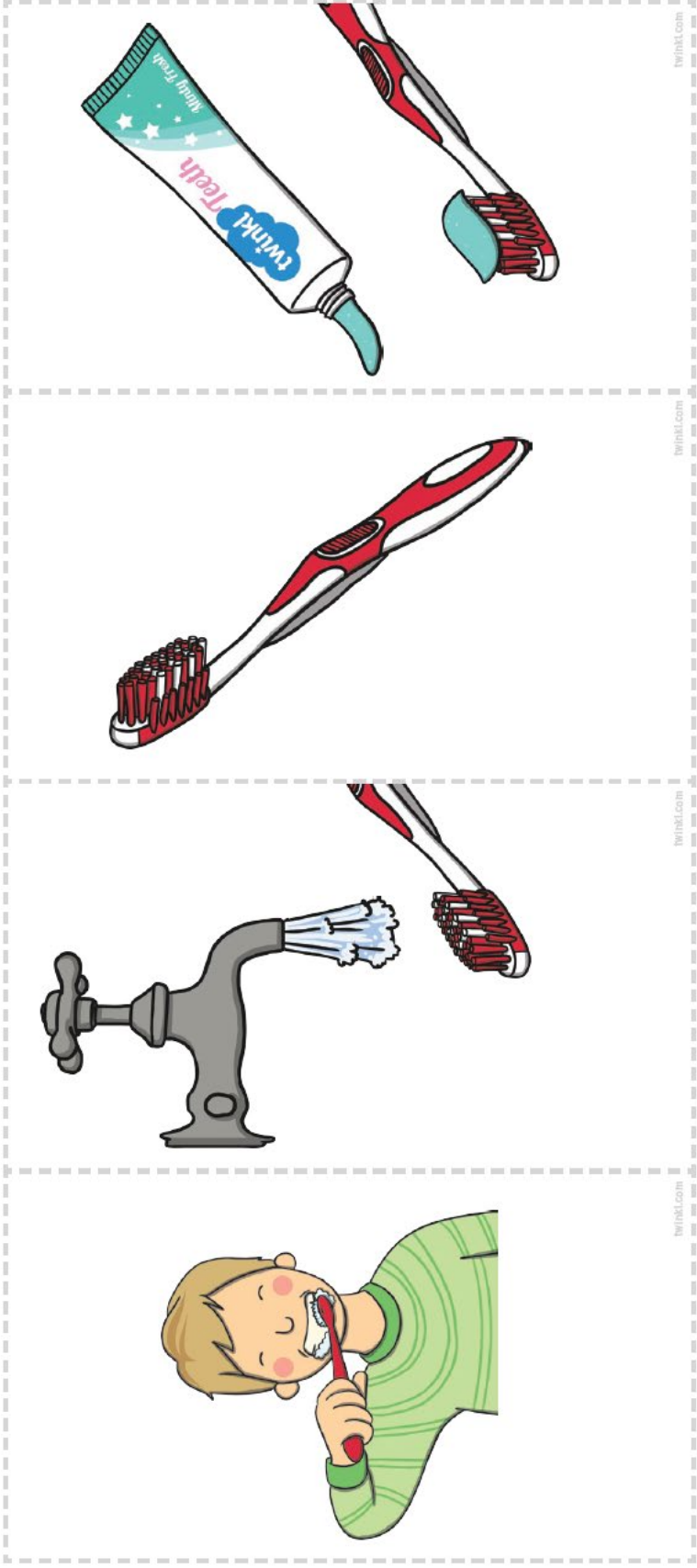


Turn off the water.

# Tooth Brushing Sequence

Directions: Cut and paste the sequence cards in order.

1.	2.	3.	4.
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