Brushing Teeth

1. Uncap Toothpaste	
2. Put toothpaste on the toothbrush	
3. Cap toothpaste	
4. Put the toothbrush under running water	
5. Put the toothbrush into mouth	
6. Brush bottom teeth (10 seconds)	
7. Spit in sink	
8. Brush top teeth (10 seconds)	
9. Spit in sink	

Brushing Teeth

