BRUSH Your TEETH!

SEQUENCE STRIP

FREE VERSION
BRUSH Your TEETH!

SEQUENCE STRIP

PURPOSE:
- These sequence strips visually depict the tooth brushing sequence that can be utilized by a child to easily visualize and follow the tooth brushing routine in the home or school setting.

INSTRUCTIONS TO PRINT:
- Print out on heavy cardstock, paper, or laminate.
- Includes 4 Versions:
  1. With numbers and words
  2. With words—included with Full Member Access
  3. With numbers—included with Full Member Access
  4. Visuals only— included Full Member Access

INSTRUCTIONS TO ASSEMBLE:
1. Select and cut out appropriate sequence strip for individual child.
2. Adhere to bathroom wall or near sink for ability to follow visuals.

HOME USE:
- Explicitly teach and review each step in the tooth brushing routine prior to placing strip in bathroom/sink area.

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HOW TO
BRUSH
My
TEETH!

STEP 1: Collect Supplies
STEP 2: Wet Toothbrush
STEP 3: Remove Lid

STEP 4: Squeeze toothpaste on brush
STEP 5: Brush Front Top Teeth
STEP 6: Brush Front Bottom Teeth
STEP 7: Brush Back Top Teeth

STEP 8: Brush Back Bottom Teeth
STEP 9: Rinse mouth with Water
STEP 10: Spit
STEP 11: Rinse Toothbrush