

**BRUSH**  
Your  
**TEETH!**



SEQUENCE STRIP



**FREE VERSION**

# BRUSH Your TEETH!



## SEQUENCE STRIP

**FREE VERSION**

### 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.

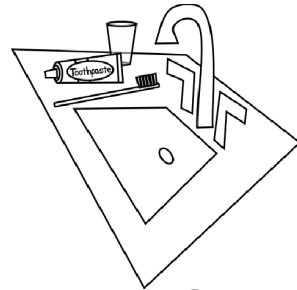
### HOME USE:

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

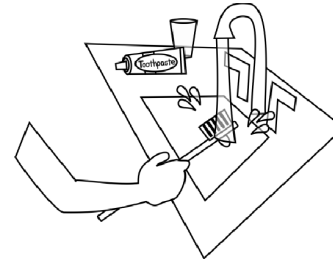
# Version 1: NUMBERS & WORDS

Black/White  
VERSION

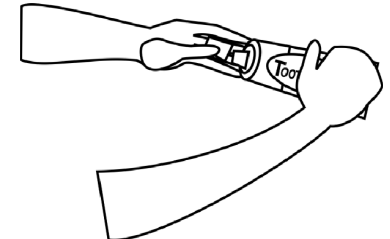
## HOW TO BRUSH My TEETH!



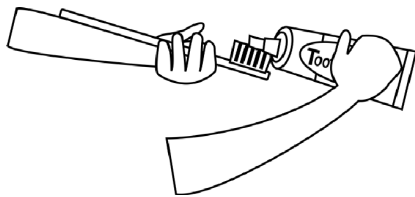
STEP 1:  
Collect Supplies



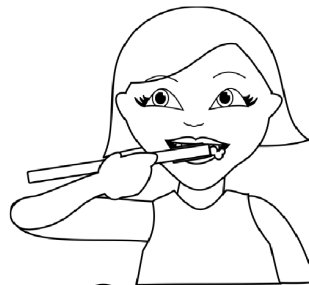
STEP 2:  
Wet Toothbrush



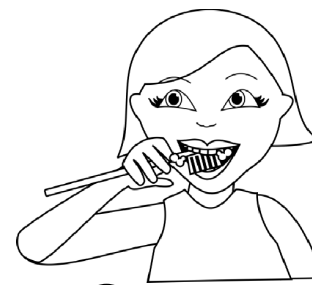
STEP 3:  
Remove Lid



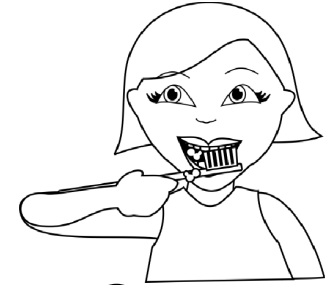
STEP 4:  
Squeeze  
toothpaste on brush



STEP 5:  
Brush Front  
Top Teeth



STEP 6:  
Brush Front  
Bottom Teeth



STEP 7:  
Brush Back  
Top Teeth



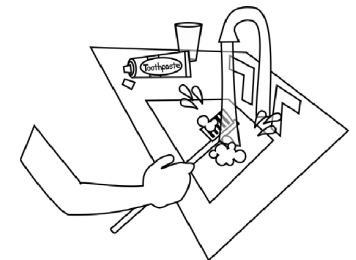
STEP 8:  
Brush Back  
Bottom Teeth



STEP 9:  
Rinse mouth  
with Water



STEP 10:  
Spit



STEP 11:  
Rinse Toothbrush