



EXERCISES

Arrange the steps of brushing your teeth properly in the correct order. Type numbers 1 to 5 for your answer on the space provided.

- ___ Brush the inside surface of each tooth, using the wiggling technique in step 1.
- ___ Do not forget to brush your tongue.
- ___ Use the tip of the toothbrush to brush behind each front tooth, both at the top and bottom.
- ___ Place the toothbrush at an angle along the outer gum line. Move or wiggle it gentle up and down. Repeat for each tooth.
- ___ Brush the chewing surfaces at the back.