

I Brush My Teeth





When it is time to go to school and go to bed,
I brush my teeth.
It keeps me healthy and strong.



Sometimes I might not like the way it feels,
but I have to do it every day
to keep my body strong.

When I brush my teeth, I know what to do!



I turn on the water



I get my toothbrush



I put my toothbrush
under the water



I put toothpaste
on my toothbrush



I put my toothbrush
on my teeth and brush



I spit out toothpaste
in the sink

When I brush my teeth, I know what to do!



I rinse and spit in the sink



I rinse off my toothbrush



I put my toothbrush away



When I brush my teeth,
I am healthy and strong.
My family feels proud of me
when I brush my teeth. I feel proud too!