



## Preparation



You need:

toothbrush

toothpaste

cup

water

sandglass



Finished!



# Brush your teeth properly!

Here we go!



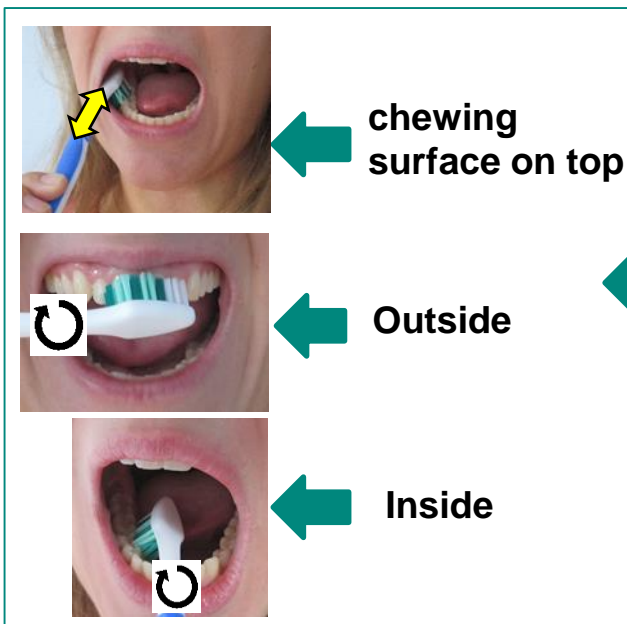
Fill the cup with water!

Put the toothbrush into the cup. The head of the brush stands up.

Rinse the toothbrush.



Time is over!  
Now spit out.



Brush your teeth on all sides.

chewing surface on top

Outside

Inside



Turn the sandglass around.



Rinse out your mouth with water.



Put toothpaste on your toothbrush.