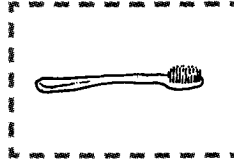


# How to clean your teeth

## Get

- your toothbrush
- toothpaste



## What to do

1. Open the toothpaste.
2. Squeeze a little fresh toothpaste onto your toothbrush.
3. Then wet the brush under the tap.
4. Brush your teeth up and down and from side to side.
5. Rinse your mouth thoroughly with a little water.
6. Rinse your toothbrush.
7. Smile.

