Go to the bathroom, open the hot and cold water tap. Moisten a toothbrush with water. Open a toothpaste. Apply a thin strip of toothpaste to the toothbrush.Open your mouth. Start with the molars. Brush your teeth from left to right 15 times each side. Hold the toothbrush parallel to the teeth , but lie just below the gum line. Press down on the toothbrush so that its bristles are only slightly bent. Brush your teeth in a circular motion, staying in one place for about ten seconds. During this time you should do about 20 strokes with a brush. After the circular movements, perform several movements with the brush from the gum to the lower edge of the teeth for another 10 seconds. Go to the inner surface of the teeth and repeat all the same movements that you performed on the outer surface of the teeth. Gently clean the tongue and inner surface of the cheeks with a special rubber pad on brush. Rinse your mouth thoroughly. Smile to the reflection in the mirror.

1. If in the bathroom
2. Turn on the water
3. Moisten toothbrush
4. Apply toothpaste
5. Open the mouth
6. Starting from molars, brush your teeth from left to right
7. Repeat 15 times on each side
8. When done, hold he toothbrush parallel to teeth below gum line
9. Press down on the toothbrush
10. Apply circular motion staying on place for about 10 seconds
11. When done, brush from gum to lower edge of the teeth for another 10 seconds
12. Then, go to the inner surface of the teeth and repeat the movements from step 11
13. Clean the tongue and inner cheeks with special rubber pad on brush
14. Rinse
15. Smile

Take an orange, open the tap with warm water, wash the orange well. Then, take a clean plate and put on the table. First, we cut off a part of the peel on the side of the stem, then make circular cuts on the surface of the orange, but stopping in front of the stem. Make more then 1 cut, but no more than 7. Then place the orange on the plate with the stem down and reveal it through the cuts. Then take a knife with a fork. With the help of cutlery separate one wedge, choose seeds with a knife, if the wedge is large, cut off half of it and put in the mouth with a fork. If you suddenly caught a bone, gently spit it on the tip of the fork and put it on the edge of the plate.

1. Take an orange
2. Wash it
3. Make a cut of a part of the peel on the side of the stem
4. Make circular cuts on the orange’s surface stopping in front of the stem
5. If there is one cut
6. Then do while cuts = 7
7. Put orange to the place stem down
8. Take a knife and a fork
9. Separate one wedge
10. Choose seeds
11. If the wedge is big
12. Then cut in half
13. Put the piece to your mouth
14. If caught a bone
15. Then spit on the tip of fork
16. Put on the plate edge

After washing, hair should dry on its own. Cover the hair with a hand in a bun, unravel their ends, then take up the middle and the base. Take you’re your hairbrush. Move the comb smoothly, from the crown to the ends of the hair, alternately grabbing different strands. Continue until no strands are left. Intersperse the movement of combs and stroking the palm. Do at least 100 strokes with a comb. After the procedure, remove hair from the comb. Rinse the brush.

1. Wash your hair
2. If hair is dry
3. Then cover hair in bun with a hand
4. Unravel ends
5. Take up the middle and base
6. Take hairbrush
7. Start from crown to ends
8. Grab another strands
9. Continue until no strands left
10. Intersperse combs with palm stroking
11. Do more than one stoke but less then 100
12. Remove the hair from the brush
13. Rinse