

## Exercise 4.D Program for Tooth-brushing

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- Write out the process of how to "brush your teeth". This may take from 5 to 10 minutes if you do a careful job.
- Then, meet with your group to go over the write-ups. Tweak the write-ups as needed.
- Your team will "present" a "brush your teeth" process to the class as a whole. Your team can select one of the team members' processes to advance or can blend them together using steps from each team members.

## End of Week 1 Workbook

- Grab toothbrush from the medicine cabinet
- Turn the knob from the sink to run your water
- Wet the bristles of the toothbrush
- Grab toothpaste tube
- Pop open the cap of the toothpaste tube
- Squeeze the toothpaste tube to apply a small amount of toothpaste onto the bristles of your toothbrush
- Close the cap of the toothpaste tube
- Bring the toothbrush (bristle / toothpaste side) to the running water to wet the toothpaste a bit
- Put the bristle / toothpaste side of the toothbrush to your front teeth and start brushing
- Brush in an up and down motion over your front teeth and start brushing over all the surfaces of your teeth
- Make sure to brush the teeth in the back of your mouth and brush the inside surface of your teeth
- Repeat this brushing motion over your teeth for at least 2 minutes
- If there's an overflow of saliva, feel free to spit in the sink and continue brushing
- Once you hit the 2-minute mark, spit out the toothpaste / saliva from your mouth into the sink
- Stick your tongue out your mouth by saying "Aahhhh" and brush the entire surface of your tongue with the bristles of your toothbrush in a back to front motion for 4-5 times gently
- Spit out saliva into the sink
- Cup your hands together to form a bowl and bring it to the water to fill up
- Bring the water in your hands to your mouth and pour it into your mouth (do not swallow!)
- Rinse your mouth by doing a swishing motion all throughout your mouth
- Spit into the sink and repeat 2-3 times until the toothpaste is rinsed thoroughly out of your mouth
- Turn off water from sink, put away toothbrush and toothpaste in its original place