Exercise 4.D – Program for Tooth-brushing

- 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