

Name: _____

Week of 17 February 2025

Practical Life Homework
Care of Self: Brushing Teeth

With the supervision and encouragement of an adult, practice brushing your teeth independently.

Instructions:

1. Wet your toothbrush.
2. Put a dab of toothpaste (size of a pea) on your toothbrush.
3. Brush all of your teeth in a gentle, circular motion.
4. Spit out any leftover toothpaste.
5. Rinse your toothbrush.
6. Put your toothbrush away.
7. Fill a small cup halfway and rinse your mouth.
8. Look in the mirror to make sure there is no toothpaste on your face. If there is, wipe your face with a damp cloth.
9. Look in the mirror and smile!



If you would like to send in a 3x5 hard copy photo of your child performing this task, we will be happy to post it on our Community at Work bulletin board. Seeing themselves on the board gives our students a greater sense of pride and encourages independence.