

Name: _____

Week of 20 October 2025

Practical Life Homework

Care of Self: Brushing Teeth

Instructions:

1. Stand in front of your bathroom sink. It is helpful if you can see yourself in a mirror.
2. Wet your toothbrush.
3. Squeeze a small amount of toothpaste (size of a pea) onto your toothbrush.
4. Brush all of your teeth in a gentle, circular motion.
5. After brushing, spit out the remaining toothpaste into the sink.
6. Take a few sips of water from a cup to thoroughly rinse your mouth.
7. Wash your toothbrush under warm, running water and return it to its proper place.
8. Wipe your mouth with a towel and return the towel to its proper place.
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.