



## Brush Your Teeth Like a Ninja !

1<sup>st</sup>

Put toothpaste on your toothbrush !



2<sup>nd</sup>

Brush the front of your teeth : brush at 45 degrees toward your gums make small circles all the way to the back molars.



3<sup>rd</sup>

Brush the chewing surface the top of your teeth.



4<sup>th</sup>

Brush the inside of your teeth, the side by your tongue and the roof of your mouth.



5<sup>th</sup>

Don't forget to brush behind your front teeth!



6<sup>th</sup>

Brush your tongue gently with your toothbrush, rinse your mouth with water, and spit it out. Don't swallow!

