

Activities of Daily Living

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Brushing Teeth

Six-Step Activity Sequencing Cards

Turn on the water, and wet your toothbrush.



A

Put toothpaste on your toothbrush.



B

Brush your teeth.



C

Rinse your mouth with water.
Spit the toothpaste out.



D

Rinse your toothbrush, and dry your face.



E

Put away your toothbrush and toothpaste.



F

Turn on the water, and wet your toothbrush.



Brushing Teeth

1A

Basic Directions

Turn on the water, and wet your toothbrush.



Expanded Directions

Turn on the water, and wet your toothbrush.
Then, turn the water back off.

Extension Question

What kind of toothbrush do you use (electric or manual)?