Brush your teeth properly!

You need: tooth-brush + tooth-paste + cup + water + sand-glass

Put the tooth-brush into the cup. The head of the brush stands up.

Rinse the tooth-brush.

Time is over! Now spit out.

Brush your teeth on all sides. (chewing surface on top, outside, inside)

Turn the sand-glass around.

Put tooth-paste on your tooth-brush.

Fill the cup with water!

Rinse out your mouth with water.

Here we go!