



# Keeping Clean: Brushing Teeth and Washing Hands

HAPPY BRUSHING!



I like to keep my body clean and healthy every day.



In the morning, I brush my teeth to start fresh.



I put a little toothpaste on my toothbrush.



I brush the top, bottom, front, and back of my teeth.



I move my brush in little circles to clean well.



I brush my tongue to make my mouth  
feel fresh.



After brushing, I spit the toothpaste  
into the sink.



I rinse my mouth with water and feel clean.



Now, it's time to wash my hands.



I turn on the water and get my hands wet.



I use soap and rub my hands together.



I wash the front and back of my hands.



I rinse off the soap and dry my hands.



Washing my hands makes them feel  
nice and clean.



When I am clean, I feel happy and ready to play.



Keeping clean every day is a healthy habit that makes me strong.

# Vocabulary

⇒ ■ Vocabulary:

## 1. Clean

- Free from dirt or germs

## 2. Brush

- To use a tool to clean your teeth

## 3. Toothpaste

- A special cream used to clean and protect teeth

## 4. Rinse

- To wash away with water

## 5. Soap

- A substance that helps remove dirt and germs from hands

## 6. Healthy

- Feeling good and strong in your body

## 7. Habit

- Something you do often and regularly

## 8. Happy

- Feeling good inside and joyful

# Spellings

A: Clean

B: Cleen

A: Healthy

B: Helthy

A: Toothpaste

B: Toothpast

A: Brush

B: Brushe

A: Water

B: Watter

A: Soap

B: Sope

A: Rinse

B: Rince

A: Habit

B: Habbit

# Comprehension Questions

**1. Why do we brush our teeth in the morning?**

A: To start fresh and keep our mouth clean

B: To play with the toothpaste

**2. What do we put on the toothbrush?**

A: Toothpaste

B: Soap

**3. How should we move the toothbrush to clean our teeth?**

A: In little circles

B: Up and down

**4. Why do we brush our tongue?**

A: To make our mouth feel fresh

B: To make it tickle

**5. What do we do after brushing our teeth?**

A: Spit the toothpaste into the sink

B: Eat candy

**6. What is the first step in washing our hands?**

A: Turn on the water and get hands wet

B: Dry hands with a towel

**7. What do we use to wash our hands?**

A: Soap

B: Toothpaste

**8. Why do we wash the front and back of our hands?**

A: To make them feel nice and clean

B: To make them sticky

**9. What do we do after rinsing off the soap?**

A: Dry our hands

B: Put on more soap

# Comprehension Questions

**10. Why is keeping clean every day important?**

A: It is a healthy habit that makes us strong

B: It makes us tired

# Open-Ended Questions

1. How do you feel after you brush your teeth and wash your hands?
2. What do you like about brushing your teeth or washing your hands?
3. Why do you think it's important to keep your body clean every day?
4. How can you remind yourself to brush your teeth and wash your hands?
5. What is your favorite part of your clean routine, and why?