

Finally dry your mouth completely with the towel.

Then quickly rinse your mouth with water.

- A tube of toothpaste

After that rinse the toothbrush under the tap.

Keep brushing carefully for two minutes.

- A toothbrush

### How to clean your teeth

Next brush the toothpaste all over your teeth.

What you do:

- A towel

Then turn on the tap and wet the toothbrush.

- Water

What you need:

First, squeeze a small amount of toothpaste onto the brush.

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