

Task Analysis for Brushing Teeth

Functional Curriculum, Second Edition

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1. Get your toothbrush case.
2. Unzip the case.
3. Take out toothpaste.
4. Unscrew toothpaste cap.
5. Lay cap on countertop.
6. Turn on cold water.
7. Take out your toothbrush.
8. Wet bristles of toothbrush.
9. Put toothpaste on toothbrush.
10. Lay toothpaste tube on countertop.
11. Bring toothbrush with paste up to mouth.
12. Begin brushing teeth.
 - Left back: top – outside then inside
 - Left back: bottom – outside then inside
 - Then front: top – outside then inside
 - Then front: bottom – outside then inside
 - Then right back: top – outside then inside
 - Then right back: bottom – outside then inside
13. Spit toothpaste into sink
14. Rinse toothbrush under water stream.
15. Shake water out of brush.

16. Put toothbrush in toothbrush case.
17. Get drinking cup from case.
18. Fill cup with cold water.
19. Rinse mouth with water.
20. Spit water into sink.
21. Rinse cup with water.
22. Wipe cup dry.
23. Put cup back into toothbrush case.
24. Put toothpaste cap on tube.
25. Put toothpaste into toothbrush case.