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.


10. Lay toothpaste tube on countertop.

11. Bring toothbrush with paste up to mouth.

   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.
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 tack into toothbrush case.
24. Put toothpaste cap on tube.
25. Put toothpaste into toothbrush case.