

BRUSHING MY TEETH



Self-Care & Hygiene

This adapted book helps the student understand how to brush teeth properly. It explains what to do to keep teeth clean and healthy.



Toothbrush



Toothpaste



Put toothpaste on brush



Brush teeth



Brush tongue



Rinse mouth



Spit



Clean toothbrush

HOW TO USE THIS ADAPTED BOOK

What is an Adapted Book?

This adapted book is a hands-on learning tool designed for children with special needs.

It uses simple pictures, labels, and short sentences to support understanding, communication, and independence.

Adapted books help students:

- Build functional vocabulary
- Improve comprehension
- Practice making choices
- Increase attention and engagement
- Follow routines and expectations

How this book supports the student:

- Each page presents one clear idea only
- Pictures support understanding of the text
- The student interacts by choosing and placing pictures
- Repetition helps with learning and routine building

Differentiation Note:

This adapted book may not fully align with your student's routine or current learning goals. Please feel free to edit this resource according to his or her learning needs.

HOW TO PREPARE THE BOOK

PRINT

- Print pages 3 to 9 using A4 paper
- You may print it on regular bond paper or cardboard.

CUT AND LAMINATE

- Cut each page neatly
- Cut out all mini pictures
- Laminate all pages and mini pictures

BINDING OPTIONS

OPTION 1: Wire Binding (Recommended)

- Use a wire or coil binding machine
- Bind the pages on the left side

OPTION 2: Ring Binding

- Punch one hole on the upper left corner of each page
- Use a loose ring or ring binder

VELCRO SETUP

- Add soft Velcro to the back of each mini picture
- Add rough Velcro to the designated answer spaces

BASE PAGE (LAST PAGE)

- This page holds all Velcro-backed mini pictures
- Remember to replace the word "student" with the student's name to add personalization.



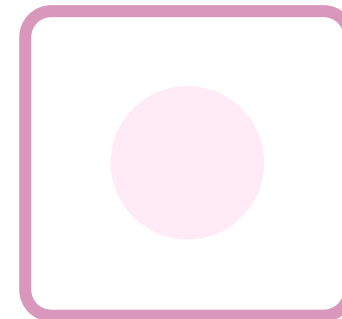
BRUSHING MY TEETH



Self-Care & Hygiene

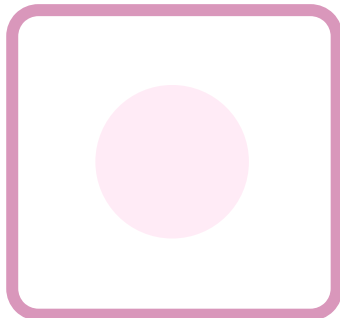
This adapted book helps the student understand how to brush teeth properly. It explains what to do to keep teeth clean and healthy.

A toothbrush is used to clean
my teeth.





Toothpaste helps keep
my teeth clean.

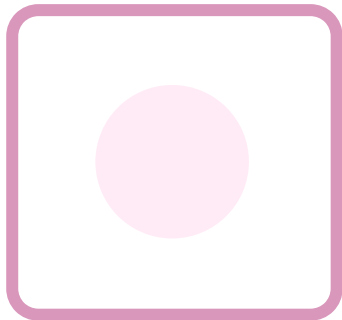


I put toothpaste on my
toothbrush before brushing.

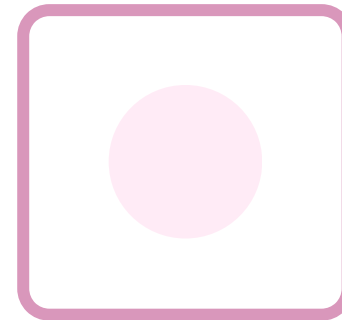




I brush my teeth to remove food and germs.

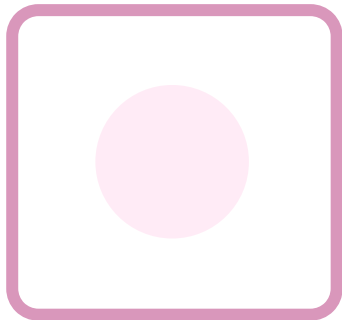


I brush my tongue to help keep my mouth clean.

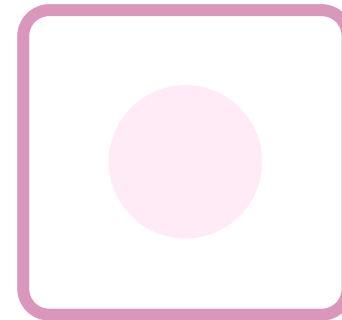




I rinse my mouth with water
after brushing.

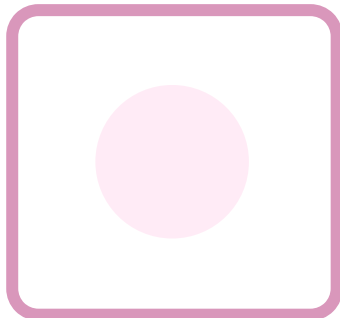
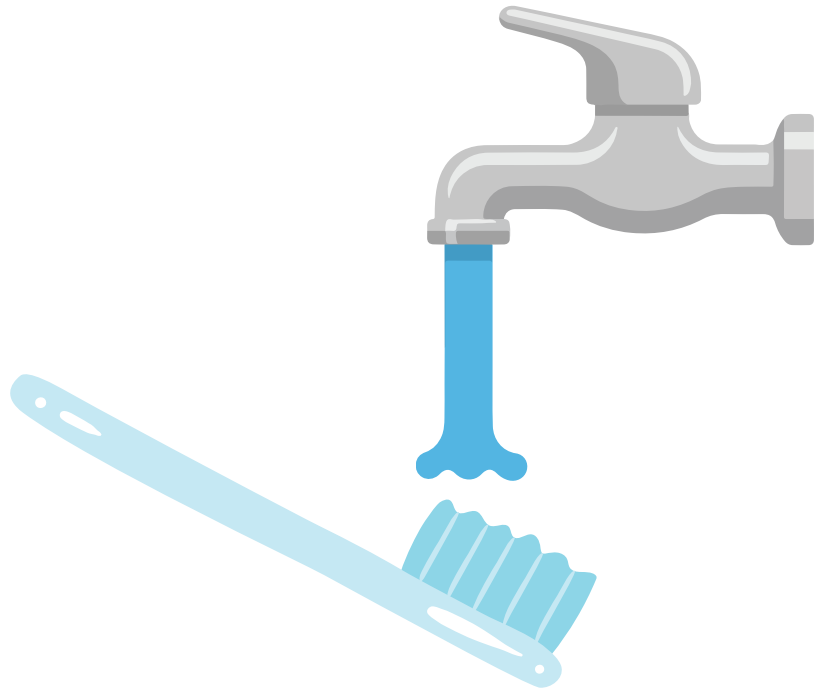


I spit the water into the sink.





I rinse my toothbrush to keep it clean.



? Comprehension Questions:

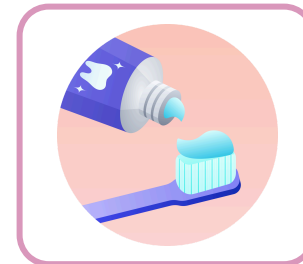
1. What do I use to clean my teeth?



2. What helps keep my teeth clean?



3. What do I put on my toothbrush before brushing?





? Comprehension Questions:

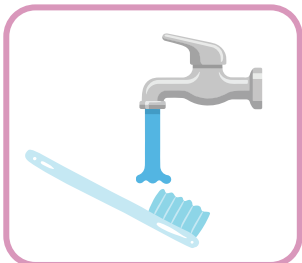
4 . What else do I brush to keep my mouth clean?



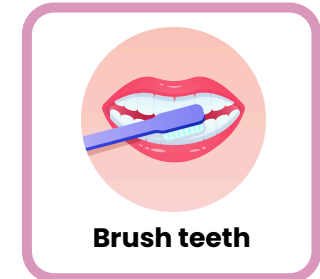
5 . What do I do after brushing my tongue?



6 . What do I do with my toothbrush when I am done?



Mini picture choices :



**GOOD JOB,
STUDENT!**



I know how to brush
my teeth!

