Task Analysis for Brushing Teeth

Functional Curriculum, Second Edition Edited by Paul Wehman & John Kregal Pro-ed www.proedinc.com

- 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.