You need these things....

1. toothbrush and toothpaste
2. drinking glass
3. dental floss
4. clean dry towel

Put some water and toothpaste on your toothbrush
Put the toothbrush in your mouth and **scrub, scrub, scrub!**
Rinse the toothbrush and your mouth with water

Pull out a piece of dental floss from the container
Floss between your teeth and gums
Wipe your mouth with a towel