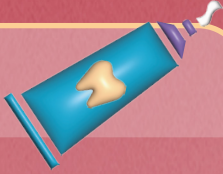


HOW TO BRUSH AND BOOGIE!

WHAT IF OUR DAY STARTED AND ENDED WITH A SONG WE LOVE AND A FEW DANCE MOVES THAT MAKE US FEEL HAPPY?

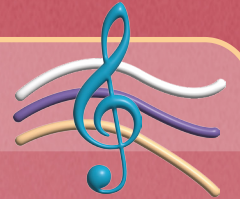
A HAPPY MOUTH CAN BE A HAPPY START AND END OF EVERY SINGLE DAY IF WE BOOGIE WHILE WE BRUSH.

1



Grab your toothbrush and toothpaste (make sure it's fluoride toothpaste).

2



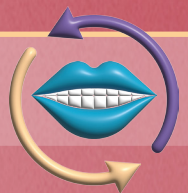
Turn on your favourite tune.

3



Then brush and boogie like no-one is watching.

4



Clean all the sides and surfaces of your teeth to the rhythm of the beat.

5



Before you know it, your 2 minutes brushing time will be over and you won't want to stop!

6



Create your own brush and boogie playlist and share it with family and friends to help brighten up their day too.



GET INVOLVED!
#BrushandBoogie



World Oral Health Day
20 March



worldoralhealthday.org

