

DAY 3 Wednesday HABITS AT HOME continued....

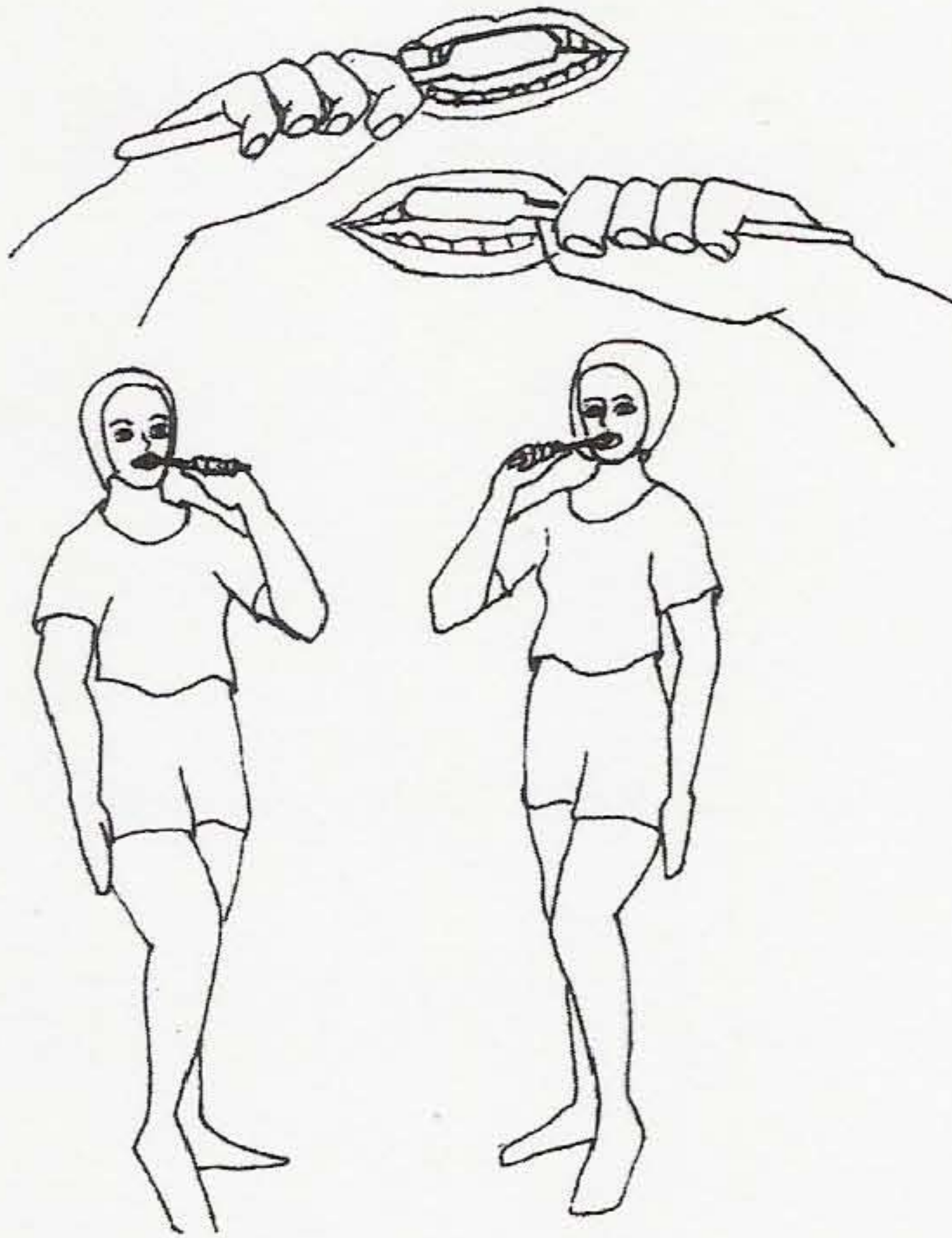
Today try cleaning your teeth holding the brush in your non-dominant hand.
It will feel awkward at first.

Do it every second day until it *feels* just as *easy* one way, as the other.

What order do you use to clean the different areas of your mouth?

Experiment: try a different order. Try controlling the pressure you use differently.

Notice how you bend over the basin. Which leg has the most weight on it?



...Notes...