

## 一起來刷牙

# Lets brush our teeth

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In this fun and interactive book, we see animals enjoying their dinner in their own special ways. The shark chomps away, the horse munches on carrots, the lion roars while biting into meat, and the little dog gnaws on a bone. But what do they do after they finish eating?

Well, it's time to brush their teeth! With a swish-swish here and a brush-brush there, the animals clean their teeth one by one. Kids can join in the fun by moving their fingers to brush along with the animals. It's a playful way to introduce the important habit of brushing teeth and taking care of oral hygiene.

This book is perfect for little ones aged 0-3 because it not only teaches them about animals and their favorite foods but also helps them develop fine motor skills as they engage with the interactive brushing mechanic. The vibrant colors and lively illustrations keep children engaged and entertained while they learn about good habits like brushing their teeth. So, let's get brushing and keep those teeth sparkling clean!



- 嚼 (jiáo) - chew
- 鯊魚 (shāyú) - shark
- 晚餐 (wǎncān) - dinner
- 刷牙 (shuāyá) - brush teeth
- 口 (kǒu) - mouth
- 馬兒 (mǎ ér) - horse
- 紅 (hóng) - red
- 蘿蔔 (luóbo) - radish
- 漱口 (shùkǒu) - rinse mouth
- 牙齒 (yáchǐ) - teeth
- 咬 (yǎo) - bite
- 獅子 (shīzi) - lion
- 肉 (ròu) - meat
- 吞 (tūn) - swallow
- 肚子 (dùzi) - stomach
- 漱 (shù) - gargle
- 牙刷 (yáshuā) - toothbrush

Kindness  
Bud

Overview

Follow-up  
questions

1

Can you show me how you brush your teeth? (Encourage them to imitate brushing motions with their fingers or a toy toothbrush.)

你可以示範一下刷牙的動作嗎？

2

Which animal in the story do you think brushes their teeth the best?

故事中哪一隻動物你覺得刷牙做得最好？

3

Can you make a big munching sound like a shark eating dinner? (Make a big chomping noise together.)

你能發出鯊魚吃晚餐時的大咬聲嗎？（一起發出大咬的聲音。）

4

Do you like to rinse your mouth after brushing? (You can pretend to rinse together by making swishing sounds with water.)

刷牙後你喜歡漱口嗎？（你們可以一起假裝漱口，用水發出沖刷聲。）

yī qilai shuāyá  
一 起 來 刷 牙

Let's brush our teeth together!



jiáo jiáo  
嚼 ~ 嚼 ~  
Chew, chew.

shāyú dàkǒu dàkǒu chī zhe wǎncān  
鯊魚大口大口吃：著晚餐，  
The shark eats dinner with big bites,

jiēxiàlái yào zuò shénme ne  
接下來要做什麼呢？  
What will we do next?

shuà shuà shuà lái shuāyá  
刷刷刷！來刷牙！  
Brush, brush, brush! Let's brush our teeth!

shuà shuà shuà qīng qīng de shuà yī shuà  
刷刷刷！輕；輕的刷——刷！  
Gently brush, brush lightly!

yào qīngqīng de shuà wo  
要輕輕的刷喔！  
Remember to brush gently!

hǎo hàochī à  
好好吃啊！  
Yum, it's so delicious!

mǎ ér jiáo à jiáo chī zhe hóngluóbo  
馬兒嚼啊嚼，吃著紅蘿蔔！  
The horse chews and chews, eating red carrots!

quánbù chīwán zhīhòu yào zuò shénme ne  
全部吃完之後，要做什麼呢？  
After eating everything, what will we do?

shuà shuà shuà lái shuāyá  
刷刷刷！來刷牙！  
Brush, brush, brush! Let's brush our teeth!

huála huála shù shù wéi  
嘩啦嘩啦漱漱口，  
Rinse, rinse your mouth,

zài bǎ yáchǐ shuà yī shuà  
再把牙齒刷一刷！  
Then brush your teeth again!

huála huála  
嘩啦嘩啦！  
Rinse, rinse!

kā zī kā zī  
喀滋喀滋，  
Crunch, crunch,

shīzi yòngli yǎo zhe ròu  
獅子用力咬著肉！  
The lion bites the meat with force!

quánbù chīwán zhī hòu  
全部吃完之後，  
After eating everything

yào zuò shénme ne  
要做什麼呢？  
What will we do next?



shuà shuà shuà lái shuāyá  
刷刷刷！來刷牙！  
Brush, brush, brush! Let's brush our teeth!

pū zī pū zī shuà yī shuà  
撲滋撲滋，刷一刷！  
Scrub, scrub, brush away!

pū zī pū zī  
撲滋撲滋！  
Scrub, scrub!

yǎo yǎo  
咬～咬～  
Chomp, chomp,

xiǎogǒu kā kā kā de kǎn zhe gǔtōu  
小狗喀喀喀的啃著骨頭！  
The little dog gnaws on the bone!

quánbù chīwán zhīhòu yào zuò shénme ne  
全部吃完之後，要做什麼呢？  
After eating everything, what will we do?

shuà shuà shuà lái shuāyá  
刷刷刷！來刷牙！  
Brush, brush, brush! Let's brush our teeth!

huāhuā huá de shuà yī shuà  
嘩嘩嘩的刷一刷！  
Scrub, scrub, brush away!

huāhuā huá  
嘩嘩嘩  
Scrub, scrub

huāhuā huá  
嘩嘩嘩  
Scrub, scrub

tiǎn tiǎn  
舔～舔～  
Lick, lick,

kālākālā yǎo suì bàngbàngtáng  
喀啦喀啦，咬碎棒棒糖！  
Crackle, crackle, bite the lollipop!

quánbù chīwán zhīhòu yào zuò shénme ne  
全部吃完之後，要做什麼呢？  
After eating everything, what will we do?

kālākālā de shuà yī shuà  
喀啦喀啦的刷一刷！  
Crackle, crackle, brush away!

shàngmiàn shuà yī shuà xiàmiàn shuà yī shuà  
上面刷一刷，下面刷一刷，  
Brush the top, brush the bottom,

quánbù de yáchǐ dōu yào shuà gānjìng wo  
全部的牙齒都要刷乾淨喔。  
Make sure all the teeth are clean!

yào wǒ bāng nǐ shuāyá ma  
要我幫你刷牙嗎？  
Do you want me to help you brush your teeth?