Biigtigong Mno-zhi-yaawgamig
Pic River First Nation Health Centre

Tooth Brushing Morning & Night

ggizheb dbikak

My name is _____ and I brush my teeth 2 times a day!

Colour in the sun (giizis) and moon (dbiki-giizis) every time you brush, morning and night.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday