

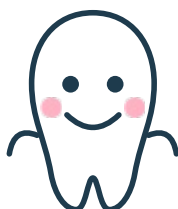
31-DAY BRUSHING CHALLENGE

Can you fill every box this month?

A whole month of smiles! Colour one circle each time you brush — morning and night. ✨

1 ○○	2 ○○	3 ○○	4 ○○	5 ○○	6 ○○	7 ○○
8 ○○	9 ○○	10 ○○	11 ○○	12 ○○	13 ○○	14 ○○
15 ○○	16 ○○	17 ○○	18 ○○	19 ○○	20 ○○	21 ○○
22 ○○	23 ○○	24 ○○	25 ○○	26 ○○	27 ○○	28 ○○
		29 ○○	30 ○○	31 ○○		

Left circle ○ = morning Right circle ○ = night



👏 Full house? If you fill every box this month, show a grown-up — you've earned a big high five!

