



Lesson

3

Total Tooth Truth

Keep Your Teeth Healthy and Your Smile Happy

Taking Care of Our Teeth

OVERVIEW:

Students explore how to take care of their teeth by learning proper brushing and flossing methods. Then they put their skills to the test in a fun and interactive brushing game. The lesson closes with students demonstrating their understanding by creating a take-home resource for healthy teeth habits.

TIMING:

40 to 45 minutes

OBJECTIVES:

Students will practice proper brushing and flossing and create healthy habits.

GUIDING QUESTIONS:

How do you take care of teeth? How often should you brush and floss?

SUPPLIES:

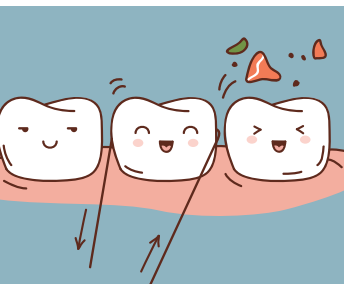
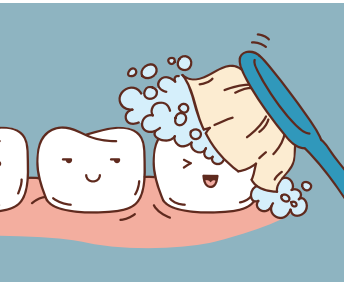
- Activity sheet.
- Empty egg carton containers (at least one for demonstration and one per pair of students).
- Yarn.
- Toothbrushes (at least one for demonstration and one per pair of students).
- Toothpaste.
- A 2-minute song (or this tooth-brushing video: <http://tinyurl.com/lulrykz>), as well as the means to play it.

Instructional Steps

EXPLORE: HEALTHY HABITS (5 minutes)

1. Open the lesson by asking students: *What is a habit? What are some actions that you do the same every day?* Invite volunteers to share their ideas and engage the class in a discussion about regular behaviors and habits we do all the time, like washing our hands after using the restroom.
2. Guide students in understanding that we can also form habits when taking care of our teeth by brushing and flossing at the same time each day.





INVESTIGATE: I'M SO FLOSSY (15 minutes)

1. Tell the class that part of forming good habits in taking care of our teeth is learning the right way to brush and floss. Give each group an egg carton, toothbrush and some toothpaste. Turn the empty egg carton over and explain that each egg holder will represent one tooth. Ask students to share their ideas on what steps we should take first in brushing our teeth.
2. Engaging students in discussion as you go, demonstrate first how to properly brush the "teeth" and then how to floss. Guide the discussion by using the following steps and prompts:
 - A. Spread toothpaste on the toothbrush. Ask students: *How much toothpaste should I use?* (About the size of a pea.)
 - B. Holding the brush at an angle, move the brush in small circles on a "tooth." Ask students: *How should I hold the toothbrush?* (At an angle.) *Where should I start brushing?* (Start first with the outside, or front, of teeth and then brush the inside, or back, of teeth.) *Should I also brush my tongue?* (Yes!)
 - C. Brush for 2 minutes, making sure each "tooth" has been properly brushed. Ask students: *How long should I brush?* (2 minutes.)
3. Next, hold up a piece of yarn and tell students that the yarn represents floss. Ask students if they know what floss is and if they've ever used it before. Explain that the purpose of floss is to help remove bad bacteria and plaque from in between our teeth. Using the same demonstration method as brushing, ask students to join you in discovering the proper way to floss:
 - A. Wrap the ends of the yarn around one finger on each hand. Ask students: *How should I hold the floss?* (Wrap one end around each index finger to help hold the floss steady.)
 - B. Place the yarn between two teeth and gently pull the floss forward, backward, upward, downward and around the teeth. Ask students: *What direction should I move the floss in?* (An easy way to remember is "up, down and around.")
 - C. Repeat the process by flossing in between each tooth. Ask students: *How many teeth should I floss?* (All of them!)
4. Close the demonstration by asking students a final question: *How often should we brush and floss our teeth?* (Brush twice each day, once in the morning and once in the evening. Floss once each day.)



PRACTICE: ROCK YOUR TEETH TO THE BEAT (10 to 15 minutes)

1. Next, tell the class that they're going to play a game called "Rock Your Teeth to the Beat" to practice brushing. Explain that they will take turns brushing the teeth as they rock to the beat of a 2-minute song.
2. Play a 2-minute song or show this tooth-brushing video: <http://tinyurl.com/lulrykz>. Walk around the room helping students hold the toothbrushes properly and cover all of the teeth as they "rock to the beat." You can repeat this activity multiple times until all students have demonstrated their ability to properly brush.
3. Next, distribute the "How I Brush My Teeth" activity sheet and explain to the class that they are going to create a helpful-habits poster to display on the bathroom mirror at home to help them remember how to brush and floss. Give students 10 minutes to complete the activity sheet and invite volunteers to share their posters with the class.

REFLECTION (5 minutes)

Ask students to write or discuss a brief response to the questions:
 What steps should you take to properly brush and floss your teeth?
 How often should you brush and floss?


Extension Activities:


- Extend the learning experience for students or create homework and project assignments by modifying the additional activities below:
- Challenge students to play "Rock Your Teeth to the Beat" at home by picking a favorite song that is at least 2 minutes long and playing it while brushing their teeth. Encourage students to play this game at home each time they brush to ensure they brush for the full 2 minutes.
 - Create a toothbrushing chart for students to take home and keep track of their daily brushing and flossing


How To Brush and Floss My Teeth


Instructions:


Using the blank spaces below, draw and write the steps for how to properly brush and floss teeth.

1. 

2. 

3. 

4. 

5. 

6. 