

Potential Integration:
ELA

Health
K.PCH.1.2 Illustrate proper tooth brushing techniques.

NOTE: Colgate offers Bright Smiles, Bright Future Kits to K-1 teachers free of charge which include: a storybook, parent take home handouts, parent checklists, toothbrush, toothpaste – use this link to place your order: <http://www.ordermybsbkit.com/>

Materials:

- Video Clip, No More Nasties, Colgate (2:21)
<https://www.youtube.com/watch?v=1J9JcrKxNzg>
- Optional - Toothbrush
- Handout, Something's Missing (American Dental Association)
https://www.mouthhealthy.org/~media/MouthHealthy/Files/Resources/ActivitySheets/Fun/Puzzles/ADASomethingsMissing_Eng.pdf

Resources:

American Dental Association: <https://www.mouthhealthy.org/en/resources/activity-sheets/>

Focus Step:

Go to Dr. Rabbit Meets a Brushalotamus Storybook (Colgate): <https://www.colgate.com/en-us/oral-health-education/educational-resources/dr-rabbit-meets-a-brushalotamus-oral-health-storybook> and read the book aloud to students.

Statement of Objectives:

Today we are going to learn how to brush our teeth to keep our teeth healthy and strong.

Teacher Input:

Tell students that we do lots of things to keep our teeth healthy and strong like eating foods with calcium, limiting sugary foods and beverages, and brushing out teeth. Use a video produced by Colgate: <https://www.youtube.com/watch?v=1J9JcrKxNzg> to demonstrate proper tooth brushing technique.

Encourage students to brush their teeth in the morning and at night before going to bed to prevent cavities and keep their teeth healthy and strong. Tell students to ask their parents for help flossing their teeth once a day (either morning or night).

Assessment:

Go to the site for Mouth Healthy, ADA and access the Missing Words puzzle, https://www.mouthhealthy.org/~media/MouthHealthy/Files/Resources/ActivitySheets/Fun/Puzzles/ADASomethingsMissing_Eng.pdf and make enough copies for each student. Tell students to let you know when they've completed the worksheet, then review with all students. There are additional handouts for brushing and flossing.

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If Mr. Big Mouth models are available, have students practice demonstrating the proper tooth brushing technique and offer feedback as they practice.

Closure:

Today we learned the proper steps for brushing our teeth. It is important that we brush our teeth twice a day – morning and night to keep our teeth healthy and strong.