

Lesson 3: Practicing Dental Health Behaviors with Family

Overview:

Students will learn about healthy dental habits and how to practice them in their living space.

Time Needed:

45 minutes

Supplies:

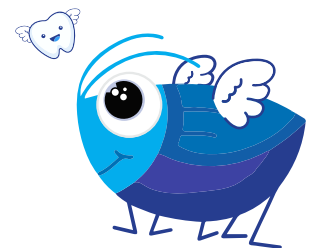
- Practicing Dental Healthy Behaviors with Family Video
- [Brushing and Flossing Chart](#)
- [Brushing Song](#) activity sheet
 - » Space for students to gather in a circle
 - » Internet access and a way to watch a short video to learn the tune of the song

Indiana Standards:
(K-2: 1.1, 1.5, 2.1, 3.1, 4.2, 5.1, 5.2, 7.1, 7.2, 8.1)
National Health Education Standards:
(1.2.2, 1.2.3, 1.2.5, 1.2.6, 1.2.7, 2.2.1, 2.2.4, 2.2.5, 3.2.5, 4.2.2, 5.2.1, 5.2.2, 5.2.3, 5.2.4, 5.2.5, 5.2.6, 7.2.1, 7.2.2, 7.2.3, 8.2.2)

Review: "Are You Smarter Than a Sugar Bug?" (Review of Lesson 2)

Briefly review key points from Lessons 2 with your students.

1. **Incisors** are the teeth in front of our mouth. These teeth are sharp and flat to help us take bites of our food and cut it into smaller pieces.
2. **Cuspids**, or canines, are the teeth in the corners of our mouth. These teeth are sharp and pointy and work well to hold onto or tear apart food.
3. **Molars** are the teeth in the back of our mouth. Molars have big, flat tops called *chewing surfaces* that we use to crush and grind our food into small enough pieces to swallow.
4. **Plaque** is made when the bacteria that lives in our mouth mix with the food that is left behind when we eat or drink. Plaque makes an acid that causes tooth decay, or cavities.
5. **Cavities** are tiny holes in our teeth. These tiny holes are made when the acid from the plaque has chewed its way inside our teeth.
6. Another way to think about plaque, is to think of something called a "sugar bug." Like plaque, a sugar bug is bad for our teeth. Plaque is a sticky substance that forms on teeth and can lead to cavities.
7. A sugar bug is not an actual bug. A sugar bug is a tiny germ. Sugar bugs feed on the sugary foods that are left over from when we eat. Sugar bugs can also cause tooth decay, or cavities. To keep our teeth healthy, we must be smarter than a sugar bug!



Introduction:

Ask students to share what they do to take care of their teeth. Examples include:

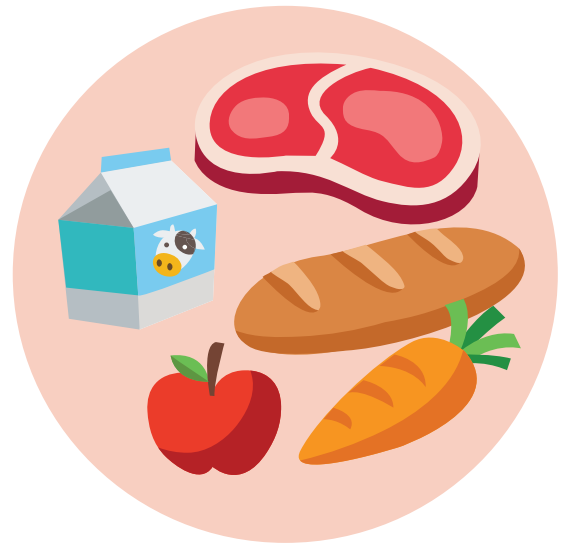
-  Brushing
-  Flossing
-  Eating healthy
-  Eating fruits and vegetables
-  Drinking water instead of juice

Brushing and flossing our teeth is a great way to keep our mouth healthy. Eating fruits and vegetables is good for our teeth. Drinking plenty of water is another way we can help our teeth stay clean!

Steps:

Tell students about healthy dental habits and why they are important.

1. If our teeth are not healthy, our whole body cannot be healthy. When we brush and floss our teeth, it helps prevent germs from growing in our mouth. These germs can sometimes spread to the rest of our body and make us sick.
2. Good dental health means that we are taking care of our teeth, gums, and tongue. To keep our mouth clean and healthy, we must practice healthy dental habits every day. Healthy dental habits are the ways we keep our teeth clean, like brushing, flossing, and eating less sugar. When we brush every day, we keep our teeth safe from problems like cavities, bad breath, and gum disease.
3. We know that we need to brush our teeth twice a day for two minutes each time. Once in the morning and once in the evening. We also know that we must floss our teeth before brushing at night.
4. Brushing our teeth with our family can be a fun activity. It also helps everyone remember to brush!



WATCH NOW:
Practicing Dental Healthy
Behaviors with Family



Pass out the [Brushing and Flossing Chart](#) to your students.

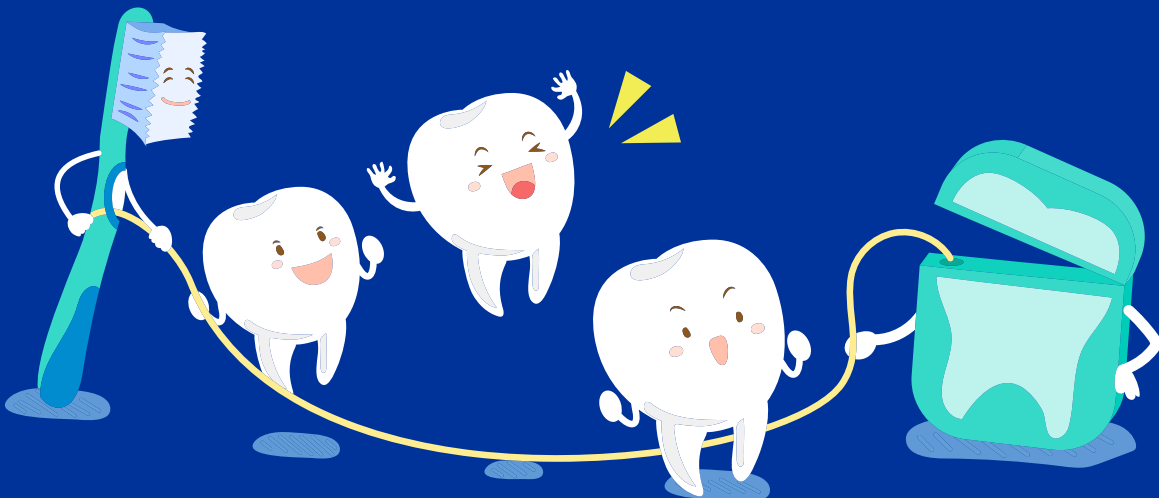
Explain to children to use this chart at home to help you remember to brush and floss your teeth every day!

Color in one side of the tooth every morning after you brush. Color in the other side of the tooth after you brush your teeth before bed. Check the floss-shaped box next to your colored-in tooth each day after you floss.

⚡ Activity Time

Hand out the [Brushing Song](#) activity sheet.

1. Now it is time to sing a song together to help us remember the steps to brushing and flossing our teeth. If you forget what comes next when you are cleaning your mouth, think of this song to help you remember what to do next.
2. Have students stand in a big circle.
3. Ask students to share what they know about toothbrushing and flossing. Students might say...
 - a. *That they must brush the front, back, and side of each tooth*
 - b. *That they must brush their gums and tongue too*
 - c. *That they must brush for two minutes*
 - d. *That they must brush and floss to remove plaque*
 - e. *That a good way to know when all the plaque is gone is when their teeth are smooth*
4. Refer to the [Brushing Song](#) activity sheet for lyrics and gestures. Sing the song and act out the motions of the song. Tell students to repeat after you and copy your motions.

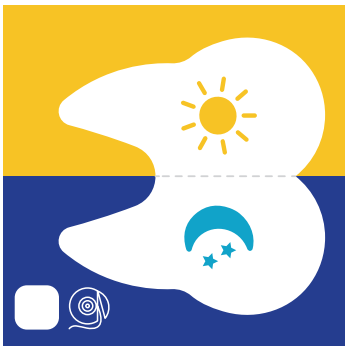


My Daily Brushing and Flossing

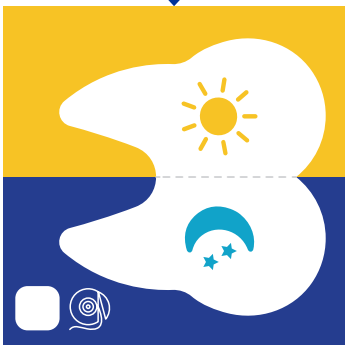
Color each side of the tooth when you brush in the morning and at night.

Mark the box when you floss.

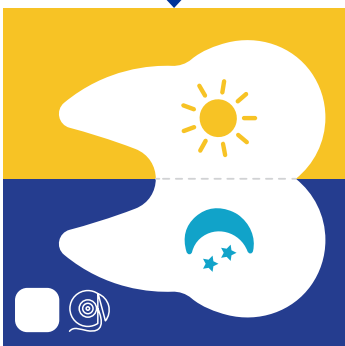
Monday



Tuesday



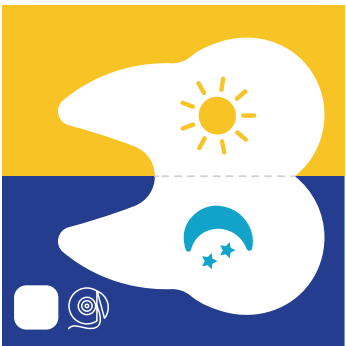
Wednesday



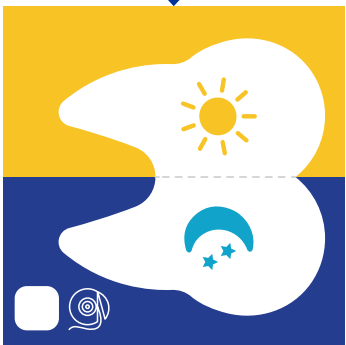
Thursday



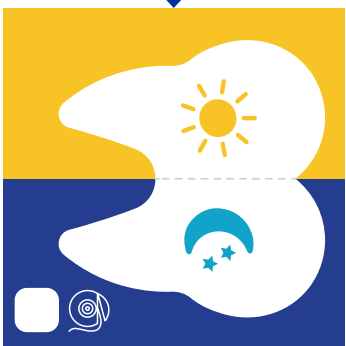
Friday



Saturday



Sunday

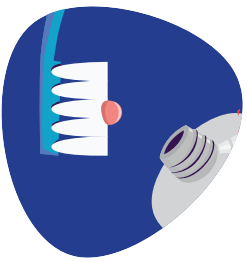


Repeat!

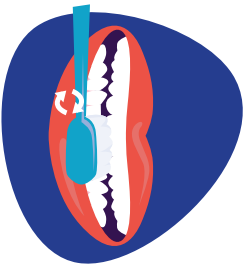
(front)

How to Brush Your Teeth

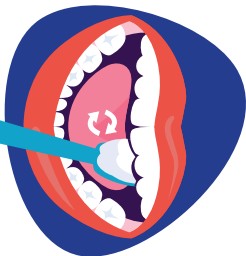
Squeeze a pea-sized amount of toothpaste on your toothbrush.



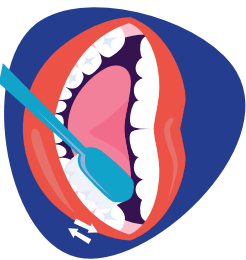
Brush the front sides of your top and bottom teeth, in circles.



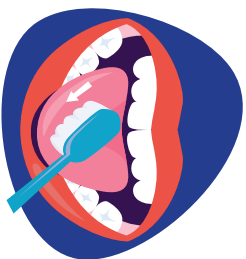
Brush the backs of the top and bottom teeth.



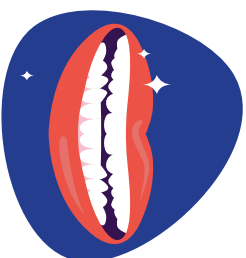
Brush the tops of all teeth.



Brush your tongue.

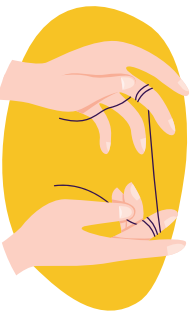


Smile!



How to Floss Your Teeth

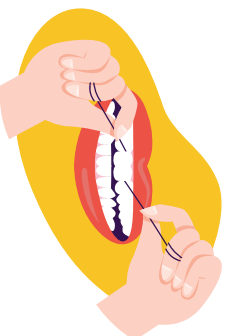
With an 18" piece of floss, wrap it around your fingers, leaving a few inches between your hands.



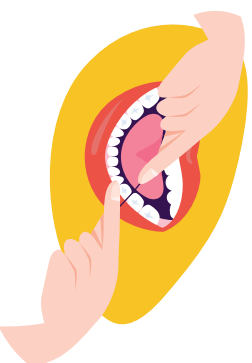
Gently push the floss up and down between your bottom teeth.



Then floss up and down between your top teeth.



Make sure to floss your very back teeth too!



(back)

Brushing Song

Review “The Princess Pat” prior to this activity. The *Brushing Song* goes along to the tune of “The Princess Pat” camp song. **Teachers**, sing the lines and act out the motions. **Students**, repeat after your teacher and copy their motions.

Warm Up:

Teacher: This is a repeat after me song!

Students: This is a repeat after me song!

Teacher: That means you say what I say...

Students: That means we say what you say...

Teacher: And do what I do! (do any motion)

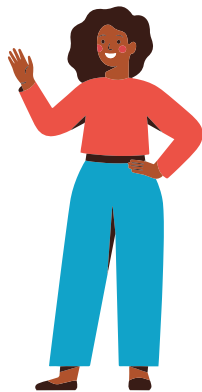
Students: And do what you do! (repeat motion)

Teacher: Are you ready?

Students: We're ready!

Teacher: Okay!

Students: Okay!



Begin the Brushing Song!

Teacher: Let's brush our teeth (acts out)

Students: Let's brush our teeth (acts out)

Teacher: And brush our gums (acts out)

Students: And brush our gums (acts out)

Teacher: Brush all around (acts out)

Students: Brush all around (acts out)

Teacher: To keep them clean! (acts out spitting out toothpaste)

Students: To keep them clean! (acts out spitting out toothpaste)

Teacher: To keep them clean! (acts out shining teeth)



Students: To keep them clean! (acts out shining teeth)

Teacher: Brush twice a day (acts out brushing)

Students: Brush twice a day (acts out brushing)

Teacher: Wait what is that? (act surprised)

Students: Wait what is that? (act surprised)

Teacher: Look at all that plaque! (singing like their mouth is full)

Students: Look at all that plaque! (singing like their mouth is full)

Teacher: We need to floss! (act out getting floss)

Students: We need to floss! (act out getting floss)

Teacher: Between each tooth! (act out flossing)

Students: Between each tooth! (act out flossing)

Teacher: For a bright tooth smile! (smiles)

Students: For a bright tooth smile! (smiles)

Teacher: Brush twice a day! (hold up two fingers)

Students: Brush twice a day! (hold up two fingers)

Teacher: So your smile never goes away! (big smile)

Students: So your smile never goes away! (big smile)

