

LESSON PLAN

Session Title	“Healthy Teeth Make Happy Teeth!”		
Objective(s)	The children will develop basic knowledge of oral hygiene.		
Activity	Time	Goals	Materials
<p>Introduction: Dental Hygiene Students will use guiding questions to promote motivation</p>	5 min.	<p>Children will learn through group discussion while expressing their individual creativity. The children will be asked questions such as: “Does anyone know what this is?” (picture of a tooth) “What do we use our mouths for?” (eating, drinking, talking, smiling) “Do you know what a dentist does?” “Has anyone been to the dentist before?” “Does anyone know how we keep our teeth healthy?” “How do you feel when your teeth are healthy?” Key Concepts: Understanding basic dental hygiene practices to maintain a healthy mouth. Vocabulary: dentist, toothbrush, toothpaste, floss, teeth, tooth, happy, healthy, mouth, smile, brush, eat</p>	<ul style="list-style-type: none"> - Tooth Cartoon Cutouts - Poster Board
<p>“Brontosaurus Brushing”</p>	10 min.	<p>“Time to discuss how we should brush our teeth!” Questions to open with: “Does anyone know how long we are supposed to brush our teeth?” “Do we brush like this?” (Dental Hygiene Students will demonstrate an over-the-top, silly way to brush your teeth.) “Why not?” If a child would like to demonstrate the correct way, they can show the class. If not, Dental Hygiene Students will demonstrate by showing the children how to brush in circular strokes, first brushing the outsides of the teeth and then the insides and the tops. The tongue should be brushed to remove bacteria and keep your breath fresh. The children will be instructed to use the toothbrushes to brush away all of</p>	<ul style="list-style-type: none"> - Dudley the Dinosaur Tooth Brushing Puppet - Typodonts (plastic tooth models for brushing demonstration) - Toothbrushes

		<p>the food, drinks, and candy that Dudley the Dinosaur has trapped around his teeth!</p> <p>The “Don’t rush the brush!” concept will be encouraged. Dental Hygiene Students will share how improper brushing can cause cavities and bad breath and the importance of brushing for 2 minutes.</p>	
“Flossy Posse”	10 min.	<p>Children will learn the importance of flossing while practicing proper flossing technique. Children will take turns using a row of “teeth” filled with “bacteria” and an 18-inch length of “floss.” Dental Hygiene Students will demonstrate how to guide the floss gently between “teeth,” then pull the floss up, down and around to clean both sides of the teeth and the gum area.</p>	<ul style="list-style-type: none"> - Yarn “dental floss” - Ice Cube Tray “teeth” - Play Dough “plaque/bacteria”
“Food Group Fun”	10 min	<p>Children will learn why sugary foods can be harmful to teeth and they will identify foods that can cause cavities and tooth decay.</p> <p>Brushing and flossing are great ways to take care of your teeth, but what else can you do? Dental Hygiene Students will teach the children about avoiding sugary foods. Sugar can hurt your teeth, causing tooth decay and cavities.</p> <p>Children will play the “food-sorting game” by choosing a food and deciding if it goes in the “healthy” or “unhealthy” category. Dental Hygiene students will emphasize that to keep your teeth healthy, you should eat fresh fruits and vegetables.</p> <p>Some of the foods that can hurt your teeth are sugary drinks and candy.</p>	<ul style="list-style-type: none"> - “Healthy & “Unhealthy” Food Labels - Plastic Play Food
Oral Hygiene Certificate Distribution	5 min.	<p>The children will each receive a personalized certificate of achievement to recognize their commitment to maintaining a happy and healthy mouth. “Goodie bags” will be distributed by the teacher(s) post lesson.</p>	<ul style="list-style-type: none"> - Certificates - Goodie Bags (age-appropriate toothbrush, full-size children’s toothpaste, “ToothDefenders” Book, Coloring Book, Loose Tooth

			Activity Page & Oral Hygiene Tips/Calendar for Parental involvement)
Review and Q & A	5 min.	<p>Dental Hygiene Students will stress the importance of beginning to build a happy, healthy mouth.</p> <p>Lesson Reinforcement: You should brush your teeth 2 times per day. You should floss every day. The sugar in sweets and soda can cause cavities in your teeth. When you brush, you should only use a little bit of toothpaste. Visit your dentist for regular checkups. Brush the outsides, the insides and the chewing sides of all your teeth. Brush your teeth for about two minutes. Eat lots of vegetables to help make your teeth strong. Children will have an opportunity to ask questions.</p>	<ul style="list-style-type: none"> - Poster Board - Tooth Cartoon Cutouts - Mouth Models - Toothbrushes - Dudley the Dinosaur - "Floss" - Healthy & Unhealthy Foods
"The Happy Teeth Song"	5 min.	<p>Celebrating what we learned today: The Dental Hygiene Students will end the lesson by dancing and singing a song with the children about brushing, flossing and eating healthy!</p>	<ul style="list-style-type: none"> - Dudley the Dinosaur - Music/Speaker - Toothbrushes - Tooth Cartoon Cutouts