

Kindergarten

Health Objective 2.02

Demonstrate proper technique for brushing teeth and summarize reasons for not sharing a toothbrush.

Language Arts Objective 3.02

Discuss concepts and information in a text to clarify and extend knowledge.

Materials Needed:

Shoe box cut to look like teeth

Marshmallows, gummy bears, gum drops or other sticky candy

Toothbrush or nail brush to use as tooth brush

Brush Your Teeth Please by Leslie McGuire, Jean Pidgeon

Appendix 1 - How to Brush My Teeth - copies

Appendix 2 - I Brush My Teeth Every Day chart - copies

Optional - A toothbrush for each student [Note: Local dentist offices are usually willing to donate brushes when asked. The local public health department or school dental hygienist are other options to look for donations.]

Focus:

Before class create “teeth” by cutting one side of a shoebox and place candy between teeth. Ask students if they have ever seen a mouth like this. Ask students how they might clean these teeth. Allow students to demonstrate or practice using the cardboard model.

Teacher Input:

Explain to students that the best toothbrush to use is a gentle brush with soft bristles. Remind them of the importance of using toothpaste and water when brushing your teeth. Distribute the handout How to Brush My Teeth (Appendix 1) and review the proper toothbrushing steps.

Gently brush teeth and the top of the gumline in short up and down and side-to-side strokes. Begin brushing the chewing surface of the teeth. Begin in the back of the mouth and move to the front. Next, brush the outside of the teeth, once again beginning in the back and moving to the front. Encourage the students to use more of a circular motion as they brush the outside of their teeth. Brush the inside of the teeth and gently brush the tongue to remove bacteria and freshen breath.

Remind the students to brush their teeth twice a day (at least once in the morning and once before bed) and to use a new toothbrush when the old toothbrush looks worn (approximately every 3-4 months).

Send the handout home with the students to remind parents of the proper technique to use when brushing their teeth.

Read aloud *Brush Your Teeth Please* by Leslie McGuire. This pop-up book encourages students to help the animal brush his teeth. As a class, review the steps for brushing your teeth properly again letting the students give the directions. Ask students if the lion shared his toothbrush? Discuss why it is important not to share a toothbrush.

Practice & Assessment:

Activity 1:

If toothbrushes for each student are available, distribute the brushes and allow students to practice brushing their teeth using the procedures learned in class. (This tends to go smoother without toothpaste and water. Emphasize this is just for practice. At home you would use water and toothpaste.) For fun use the following song as you practice.

(To the tune of "Twinkle, Twinkle, and Little Star")
Here's my toothpaste (raise toothpaste)
Here's my brush (raise toothbrush)
I won't hurry, I won't rush.
Working hard to keep teeth clean
Front and back and in between (pretend to brush teeth)
When I brush for quite a while
I will have a happy smile. (big smile)

Following the song, tell the students they can keep the toothbrushes and remember to use them everyday.

Activity 2:

Distribute I Brush My Teeth Everyday calendar (Appendix 2) to students. Students should take their chart home and put a check in the box for each time they brush their teeth on a given day.

Brushing My Teeth

Chewing (Masticatory) Surfaces:

Start with the chewing surfaces using simple to and fro movements. Brush the top right side at first, then the top left side, the bottom right side, and finally the bottom left side. Start at the back and brush slowly towards the front.



Outer Surfaces

Perform small, circular movements on the outer surfaces of the posterior and lateral teeth with the brush whilst the dentition is slightly opened. Once again, start at the back and brush slowly towards the front. To brush the incisors, close your teeth because then it is easier to perform the circular movements.



Inner Surfaces

For cleaning the inner surfaces, put the toothbrush in an upright position and move it in the direction from the gums to the tooth.



From: http://www.gaba.com/teeth_care/brushing_methods.html#MOI