

Grade 2

<p>Health Objective 2.01 Demonstrate the proper technique for tooth brushing and describe the benefits of good dental health.</p>	<p>Language Arts Objective 2.06 Recall main ideas, facts and details. 3.02 Connect information to experience and knowledge.</p>
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Materials Needed:

Glass of dark soda

Boiled egg

Tooth brushing song written on chart paper

Timer

Plastic teeth: cut the bottom off 2-liter drink bottles. Turn them upside down and tape them together to make a set of teeth.

Shaving cream

Toothbrushes

Both of the following websites have many versions of a tooth brushing song, as well as center ideas for teaching about oral hygiene:

<http://www.hummingbired.com/dental-week.html>

<http://www.lucylearns.com/tooth-brushing-song.html>

Focus/ Teacher Input:

The day before your dental health center activities put a boiled egg in a glass of dark soda. The stained egg is a perfect focus for the benefits of good dental health. Show the children the stained egg and discuss why it is important to brush correctly two times a day, floss daily and visit the dentist at least two times a year. We want clean strong teeth with no cavities. Explain that plaque is like the brown stain on the egg. Using a regular toothbrush, demonstrate the amount of toothpaste they need and the proper combination of up and down strokes at a 45-degree angle as well as a soft circular motion needed to brush plaque away from the gums. Tell students that you will not brush the "egg /tooth" back and forth as hard as you can because that might damage the egg. It will also damage their gums. This stained egg can also help you explain how sugary snacks can damage their teeth. Use proper technique and brush the egg with toothpaste; it will come clean!

Practice and Assessment:

Divide the class in small groups and let them rotate between two centers:

How do we brush?

At this station, use the plastic row of teeth with shaving cream. Give students a toothbrush and ask them to demonstrate proper brushing. Tell students to floss before brushing and also to brush their tongues before rinsing. They will brush away the shaving cream. (Chocolate cool whip might also work.)

How long do we brush?

At this station, ask students to sing a tooth brushing song of your choosing. Before singing, set the timer for 2 minutes. Students will read the words with you and sing along to help them realize how long they should brush.

As a whole class students can review what they have learned:

- *Why do we brush our teeth?*
- *How do we brush our teeth?*
- *How long do we brush our teeth?*