

THE BEST PART OF ME



During this lesson, you will...

1. Identify characteristics of smiles that make people unique/special.
2. Describe the benefits of personal care practices that promote oral health.
3. Acknowledge the connection between self-confidence in smiles and personal care practices.

Reflect on this quote:

“Use your smile to change the world, but don’t let the world change your smile.”

~CONNOR FRANTA

What does this mean to you? What might this quote inspire people to do? How can you connect this quote to dental health?

What do these people love about their smiles/mouths/teeth?



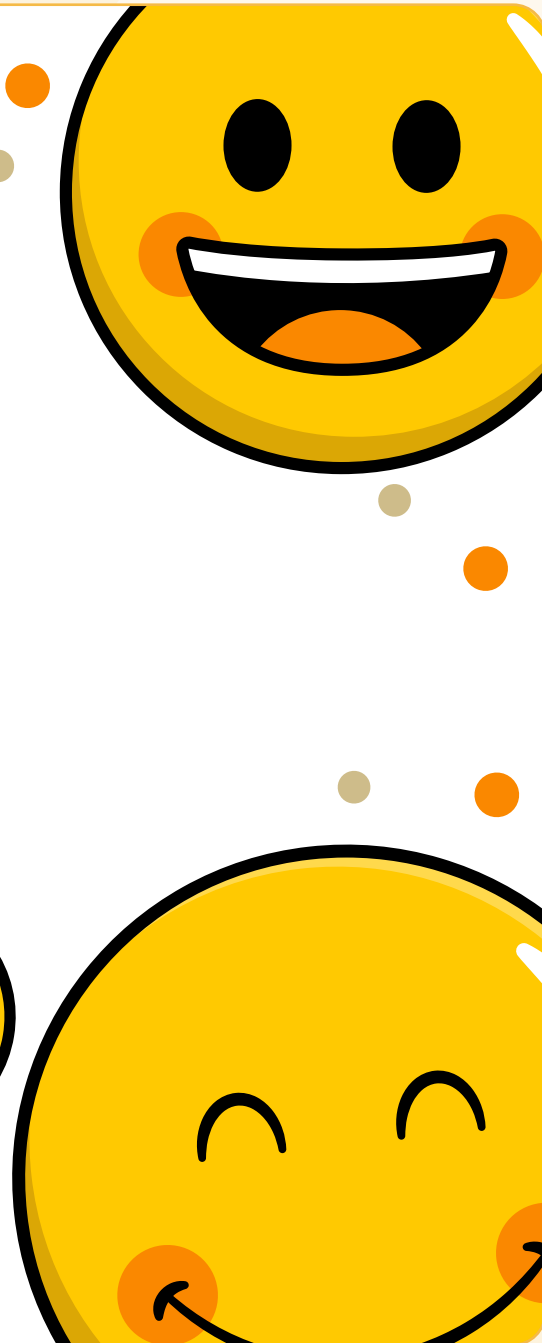
A Smile

A smile is quite a funny thing,
It wrinkles up your face.

And when it's gone
you'll never find
Its secret hiding place.

But far more wonderful it is
To see what smiles can do.

You smile at one,
He smiles at you,
And so one smile
Makes two.

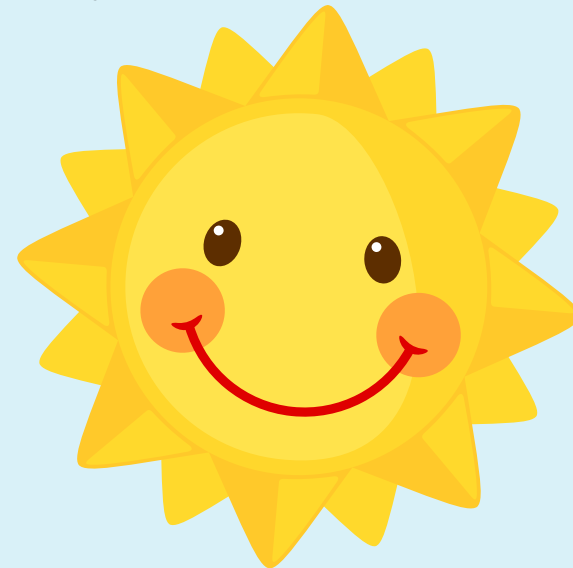


Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passes around the corner
and someone saw my grin
When he smiled I realized
I'd passed it on to him.

I thought about that smile
then I realized its worth
 A single smile,
 Just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected
Let's start an epidemic quick,
and get the world infected!





Your Smile

Your shining smile lights up the day
And sweeps the shadows far away
Along this journey known as life
Through darkness cuts an angel's knife
Your brilliant smile is full of light
Always glowing, ever bright
A lighthouse on the life-long sea
Illuminating things to be
Had I to choose one smile to view
I'd pick the radiant one on you

Think about your own smile, mouth, and teeth.

1. What does it look like?
2. What does your smile, mouth or teeth do for you?
3. How does your smile, mouth or teeth work?



**Think about your own smile,
mouth, and teeth.**

On your student worksheet complete #1.

“The best part of my smile/mouth is:”

The Best Part of My Smile!

Directions: Like the poems we just read, you will now write a poem about your own smile.

Poem options:

Haiku

Haikus consist of just three lines; the first and third lines have five syllables, whereas the second has seven. Haikus don't have to rhyme and are usually written to evoke a particular mood or instance.

Free verse

Free verse is a popular style of modern poetry, and as its name suggests there is a fair amount of freedom when it comes to writing a poem like this. Free verse can rhyme or not.

Acrostic

This type of poetry spells out a name, word, phrase or message with the first letter of each line of the poem. It can rhyme or not, and typically the word spelled out, lays down the theme of the poem. Why not try it with the silliest word you can think of – it can be really fun!

The Best Part of My Smile!

Haiku example:



Ice clings to cement
Shining dark and dangerous.
Be careful! Don't slip.

The Best Part of My Smile!

Acrostic example:

FEELS **S** GOOD
INVOLVES YOUR **M**OUTH
I DO IT A LOT
WHEN YOU **L**AUGH
THEY ARE **E**XCELLENT

The Best Part of My Smile!

Poem options:

Haiku

Haikus consist of just three lines; the first and third lines have five syllables, whereas the second has seven. Haikus don't have to rhyme and are usually written to evoke a particular mood or instance.

Free verse

Free verse is a popular style of modern poetry, and as its name suggests there is a fair amount of freedom when it comes to writing a poem like this. Free verse can rhyme or not.

Acrostic

This type of poetry spells out a name, word, phrase or message with the first letter of each line of the poem. It can rhyme or not, and typically the word spelled out, lays down the theme of the poem. Why not try it with the silliest word you can think of – it can be really fun!



Show What You Know #1

What is one thing that you love about your smile/mouth?





Show What You Know #2

What is one thing that you do to keep your mouth healthy?



INFLUENCES ON DENTAL HEALTH



During this lesson, you will

1. Identify internal and external influences on how a person cares for their teeth and mouth.
2. Examine how orthodontics can impact a person's self-confidence.
3. Explain how an individual can impact others' health choices.

Introduction Activity

Read “**Quick Facts:
Toothbrushing.**”

Then complete the below sentence frames on your student worksheet:



- One thing I learned or that captured my attention is:*
- This information is important for middle school students to know because:*
- I brush my teeth because:*

Definitions

Influence:

The power to have an effect on something or someone.

Example: knowledge, parents, school, emotions

External Influence:

An influence that is outside of yourself and is usually brought to a person by another person or action outside of themselves.

Example: My parents influence me to take care of myself.

Internal Influence:

An influence that develops within a person from their experiences, values and beliefs.

Example: I know that I need to brush my teeth each night because it keeps them clean and healthy.

What influences (or impacts) the way a person takes care of their teeth?



What are the internal and external influences in **YOUR** oral health life?



An **Internal** Influence in my Dental Health Life

I have braces and want them to do their best work.

This influences my behavior by:

I know that taking care of my teeth means taking care of my braces. I don't love how braces look right now and I get bummed that I have to have them sometimes, but I know that if I take care of my teeth and my braces now, I'll have the teeth I want sooner. That boosts my self-confidence and makes me want to take better care of my teeth.

An **External** Influence in my Dental Health Life

My bathroom

This influences my behavior by:

My bathroom is right next to my bedroom so I have easy access to what I need to brush and floss my teeth.



Show What You Know:

What are 2 **internal** influences on dental health?





Show What You Know:

What are 2 **external** influences on dental health?



ANALYZING INFLUENCES ON CHOICES



During this lesson, you will...

1. Describe how various influences impact oral health choices now.
2. Describe how various influences may impact a person's future oral health status.
3. Determine which influences are most powerful in one's oral health choices.

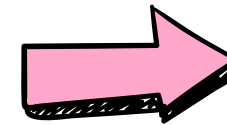
Introduction Activity

What influences your dental health choices?

Draw a checkmark next to **internal** influences.



Draw an arrow next to **external** influences.



Partner Work Scenarios



Juan



Anayi



Qin



Taylor

Video 1:

Is this ad
an *internal*
or *external*
influence?

Why?



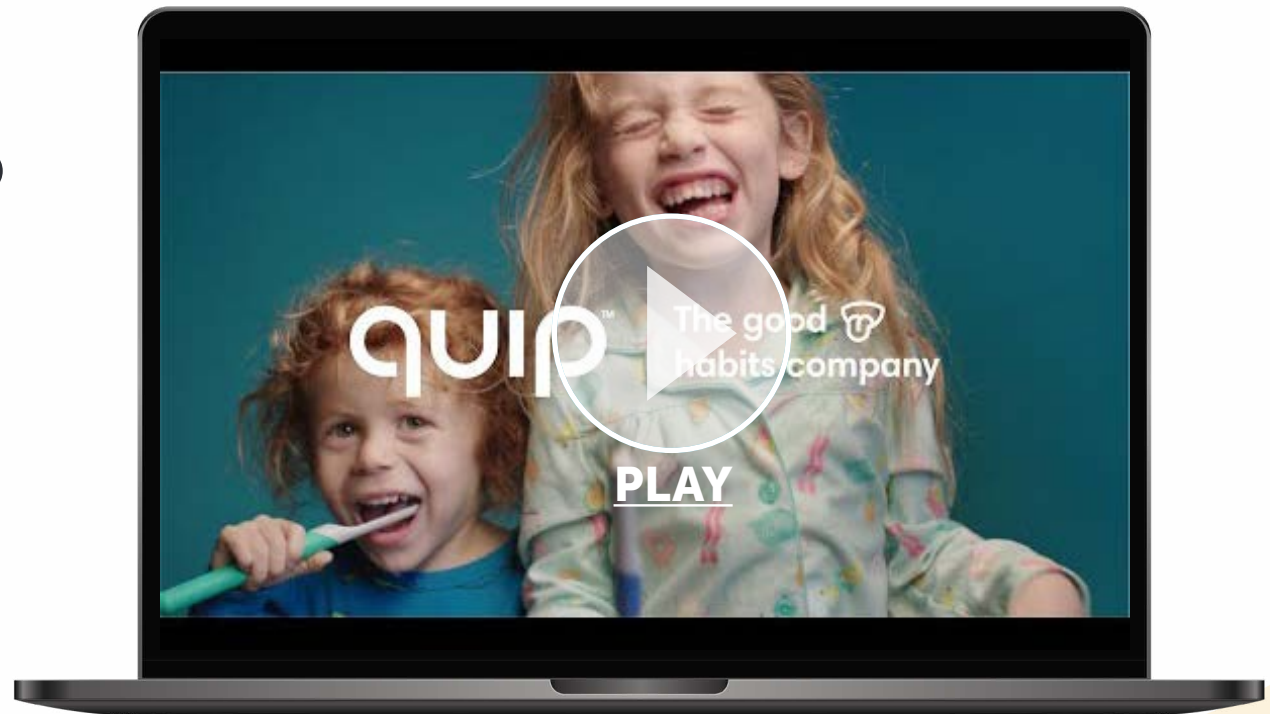
Video 2:

What information does this ad share to influence a viewer to make dentally healthy choices?



Video 3:

How does this ad try to influence a viewer?



Do these ads influence you to take better care of your smile?



Absolutely!



No Way!



Show What You Know #1

What influences you the most in the choices you make about taking care of your teeth/mouth/smile?

Is this a positive or negative influence?

Is this an internal or external influence?

