

BRUSHING AND FLOSSING OUR TEETH

Health Education Standards Alignment

- Health Concepts
- Analyzing Influences
- Accessing Valid & Reliable Resources
- Interpersonal Communication
- Decision Making
- Goal Setting
- Self-Management
- Advocacy

Oregon Health Education Performance Indicator Alignment

HE.1.K.2 Identify safe behaviors and ways to reduce risk of common childhood injuries.

HE.7.K.1 Identify healthy practices and behaviors that maintain or improve personal health.

HE.7.K.2 Recognize behaviors that avoid or reduce health risks.

Common Core State Standards Alignment

K.SL.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.

K.SL.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood.

K.SL.4 Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.

K.SL.5 Add drawings or other visual displays to descriptions as desired to provide additional detail.

K.SL.6 Speak audibly and express thoughts, feelings, and ideas clearly.

Valuable Vocabulary

teeth
brushing
flossing
cavity
toothbrush
toothpaste
plaque

Language of Health Literacy

I should brush my teeth because...

Health literacy language adapted with permission from RMC Health's Health Skills Materials.

Essential Question(s)

How might properly brushing and flossing our teeth improve or maintain our overall health?





Student Objectives

Students will be able to:

- Explain the importance of brushing and flossing their teeth;
- Demonstrate steps to properly brush teeth; and
- Demonstrate steps to properly floss teeth.



Materials & Preparation

- Brushing and Flossing Presentation
- [The Toothbrushing Song](#) (2:10)
- Steps to Proper Brushing Lineup Cards (Print a set of these cards)
- **Extension Activity (optional)**
 - Brushing Sequencing Activity (1 per student)

Lesson Structure & Learning Activities

BEGINNING OF LESSON

Say: “Today, we are going to learn how to brush and floss our teeth properly.”

Ask the students these three statements and have them shout “That’s Me!” if they agree with the statement:

“I know how to brush my teeth!”

“I know how to floss my teeth!”

“I know to wash my hands before I brush and floss!”

Ask students these questions and see if any of them know the answers. If not, share the answers using the desired responses.

Question #1: “How often should we brush our teeth?”

Desired response: “We should brush our teeth at least twice a day.”

Write response on board for future reference.

Question #2: “How often should we floss our teeth?”

Desired response: “We should floss our teeth at least once a day.”

Write response on board for future reference.

Question #3: “Why is it important to brush and floss our teeth?”

Desired response: “It is important to brush and floss our teeth to remove plaque and help prevent gum disease.”

Write response on board for future reference.

MIDDLE OF LESSON

Say: “There are a lot of ways to improve or maintain our physical health. Our physical health deals with our body and the ways to keep it healthy and safe.”

Say: “Can anyone share what parts of our body we need to keep safe?” Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Desired responses: “Our head; our hands; our heart”



Say: "We wear a helmet to keep our head healthy and safe when we ride a scooter or a bike because our brain is in our head and it helps us be who we are. The helmet protects our brain. We brush and floss our teeth to keep our mouth healthy and safe. Brushing and flossing protects our teeth and gums so we can talk and eat for our entire life."

Say: "Let's look at the different steps of brushing and flossing our teeth so we keep our mouth healthy."

Share the Brushing and Flossing Presentation.

Show the teeth/mouth *Slide 2*.

Say: "What do teeth do?" Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Desired responses: "Chew our food; help us talk; bite into things."

Say: "Who has lost a tooth?" Have them either nod or raise their hand if they have.

Move to Slide 3

Say: "Some of our teeth are supposed to come out. They are called 'baby' teeth or 'primary' teeth. After a baby tooth comes out, another tooth will come in. These are the teeth we will have our entire life. It is important that you take extra special care of these teeth by brushing each day."

Move to Slide 4

Say: "How should we brush our teeth to keep them healthy and safe?" Have them raise their hand if any of them know the answer or can share the answer by showing. If not, share the answers using the desired responses.

Desired responses: "Brush them back and forth with a toothbrush; make sure you brush the ones in the back."

Move to Slide 5

Watch the video "[The Toothbrushing Song](#)" (2:10)

Say: "How does our toothbrush and toothpaste help keep us healthy?" Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Desired responses: "Cleans our teeth; removes food from in between teeth; cleans our gums."

Say: "Our toothbrush and toothpaste removes plaque and bacteria from our teeth, helps prevent cavities, and helps freshen our breath."

Say: "Plaque has bacteria in it that covers your teeth when we sleep or move around during the day. If we don't use our toothbrush and toothpaste to brush it away, it can lead to cavities and gum disease. We will talk about cavities and gum disease in another lesson."

Refer to the desired response on board.

Say: "Remember, we should brush our teeth at least twice a day."

Say: "I need 4 volunteers to help me teach the class about the steps for proper brushing."

Hand each volunteer one of the Steps to Proper Brushing Lineup Cards. Read the steps to the students. Have the students try to put the steps in order they think should happen from start to finish.



Move to Slide 6

Go over each step with the students. Have students verbally complete the sentence frame " _____ helps me take care of _____ ."

Desired responses: "My toothbrush helps me take care of my teeth, brushing helps me take care of my teeth, toothpaste helps me take care of my teeth."

Move to Slide 7

Say: "How can flossing help keep us healthy?" Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Desired responses: "Removes food from between our teeth so that food doesn't stick in them and cause cavities; helps our gums stay healthy."

Say: "Plaque can also build up between your teeth and around your gums. Sometimes our toothbrushes cannot reach those areas and we need dental floss to reach the places that our toothbrush might not be able to. Sometimes we might use other tools such as a flosser or waterpik instead of dental floss to get food out from between our teeth and clean the sides."

Refer to the desired response on board.

Say: "Remember, we should brush our teeth at least twice a day."

END OF LESSON

Inform students that in the next lesson we will practice how to brush and floss properly, and how to improve our brushing and flossing for our physical health.

Extensions & Adaptations

Enrichment & Modifications for Diverse Learners	<p>Word wall with vocabulary and images.</p> <p>Sentence frames:</p> <p>1. _____ helps me take care of _____.</p>
Extensions	<p>Have students take home the Brushing Sequencing Activity and have them put the steps in order while teaching an adult the proper steps to brushing our teeth.</p> <p>Invite a dentist or dental hygienist to be a guest speaker in your classroom. Use the American Dental Association resource to find one near you.</p>



HOW TO PROPERLY BRUSH AND FLOSS OUR TEETH

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Oregon Health Education Performance Indicator Alignment

HE.1.K.2 Identify safe behaviors and ways to reduce risk of common childhood injuries.

HE.7.K.1 Identify healthy practices and behaviors that maintain or improve personal health.

HE.7.K.2 Recognize behaviors that avoid or reduce health risks.

Common Core State Standards Alignment

K.SL.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.

K.SL.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood.

K.SL.6 Speak audibly and express thoughts, feelings, and ideas clearly.

K.SL.4 Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.

K.L.5c Identify real-life connections between words and their use.

Valuable Vocabulary

teeth
brushing
flossing
cavity
toothbrush
toothpaste
plaque

Language of Health Literacy

I should brush my teeth because...

I should floss my teeth because...

Health literacy language adapted with permission from RMC Health's Health Skills Materials.

Essential Question(s)

How might properly brushing and flossing our teeth improve or maintain our overall health?



Student Objectives

Students will be able to:

- Review and practice steps to properly brush teeth;
- Review and practice steps to properly floss teeth;
- Identify proper brushing and flossing practices; and
- State what a person could do to improve their brushing or flossing.

Materials & Preparation

- Egg cartons-1 per group
(Between 3-5 students per group)
- Popsicle stick-1 per group
- Markers-1 per group
- 10" Dental Floss -1 per group
- **Extension Activity (optional)**
 - Brushing Time Sequencing Activity - 1 per student
- **Prepare:**
 - Put kits together:
 - Egg cartons - 1 per group
 - Popsicle sticks - 1 per group
 - Marker - 1 per group
 - 10" Dental Floss - 1 per group
 - Post sentence frame "I learned ____ while practicing my brushing and flossing."

Note: If you are in a school with limited resources you may want to email the staff and see if you can get materials donated for activity. Many local dentists will donate dental floss. You may use string if you are unable to find floss, but make sure students know not to actually floss with string.

Lesson Structure & Learning Activities

BEGINNING OF LESSON

Say: "In our previous lesson we learned about why it is important to brush and floss our teeth to help prevent plaque and gum disease. It is important to brush and floss our teeth to remove plaque and help prevent gum disease."

Say: "Today we are going to demonstrate how to brush and floss our teeth properly."

Ask the following statements and have the students stand up and shout or say "That's Me!" if they agree with the statements.

Statement #1: "I know why it is important to brush my teeth."

Statement #2: "I know why it is important to floss my teeth."

Statement #3: "I know to wash my hands before brushing and flossing."



MIDDLE OF LESSON

Have students count off by 3-5 (depending on the number of students in your class).

Say: "We are going to practice the skill of brushing and flossing our teeth. It is important you remember your number for this activity."

Place students into groups based on the number they counted out. Hand each group an egg carton, a marker, a popsicle stick, and a piece of string.

Tell students:

- Pretend the egg carton is your teeth.
- Pretend the marker is your toothpaste.
- Pretend the popsicle stick is your toothbrush.
- You also have dental floss.

Say: "When I call your number, each one of you is going to practice brushing your teeth (the egg carton). I will demonstrate how to brush your teeth and you will follow along."

Say: "Let's practice."

Say: "Raise your hand if your number is 1."

Say: "1's place your teeth in front of you. Pick up your toothbrush and toothpaste and follow along. Group members, watch your teammate and help them if needed."

Tell students:

- Apply toothpaste to the toothbrush. Remind students that they only need a pea or fingernail size amount.
- Brush your front teeth in a circular motion
- Brush your back teeth in a circular motion
- At this time we would rinse out our mouths but we are not going to do that today since we are in the classroom.
- Put the toothbrush down.
- Pick up the floss. Gently floss between and on the sides of the teeth on the egg carton. Remember you should always have an adult help you when possible.

Go through each step with each number so all students have an opportunity to practice.

Teacher:

- Models skill in front of class as students follow along.
- Monitor the groups to ensure students are demonstrating the steps correctly.
- Provide feedback to students as necessary.

END OF LESSON

Say: "Share something you learned while practicing your brushing and flossing." Have students use the posted sentence frame, "I learned _____ while practicing my brushing and flossing."



Inform students that in the next lesson we will be talking about how good hygiene improves or maintains overall health and what could happen when we don't brush or floss our teeth properly.

Extensions & Adaptations

Enrichment & Modifications for Diverse Learners	<p>Word wall with vocabulary and images.</p> <p>Sentence frames:</p> <ol style="list-style-type: none"> 1. I am going to _____ to be healthy. 2. I am going to _____ to stay healthy.
Educational Technology Integration	<p>Students use devices to search for videos on how to brush and floss properly.</p>
Extensions	<p>Watch a video demonstrating the steps to proper brushing and flossing.</p> <p>Have students take home the Brushing Time Activity, color the pictures, and cut and paste the steps to proper brushing and flossing in the correct order with an adult.</p> <p>Have a dentist or dental hygienist come in and model proper steps to brushing and flossing. Use the American Dental Association resource to find one near you.</p>



LET'S PRACTICE PROPER BRUSHING AND FLOSSING

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Oregon Health Education Performance Indicator Alignment

HE.1.K.2 Identify safe behaviors and ways to reduce risk of common childhood injuries.

HE.1.K.3 Identify when it is important to seek healthcare.

HE.7.K.1 Identify healthy practices and behaviors that maintain or improve personal health.

HE.7.K.2 Recognize behaviors that avoid or reduce health risks.

Common Core State Standards Alignment

K.SL.1 Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.

K.SL.1b Continue conversations through multiple exchanges.

K.SL.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood.

K.SL.4 Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.

K.SL.6 Speak audibly and express thoughts, feelings, and ideas clearly.

Valuable Vocabulary

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Language of Health Literacy

I should brush my teeth because...

Health literacy language adapted with permission from RMC Health's Health Skills Materials.

Essential Question(s)

- How might healthy habits improve or maintain our overall health?
- Who can we tell when we need healthcare?





Student Objectives

Students will be able to:

- Explain how good hygiene improves or maintains overall health;
- Explain what could happen if they do not brush or floss their teeth;
- Explain when they might need to seek healthcare;
- Discuss who they can tell when they might need health care; and
- Identify other health practices that help keep individuals healthy and safe.



Materials & Preparation

- Brushing and Flossing Presentation
- Steps to Proper Brushing Handout (1 per student - same handout as lesson 1)
- 1 Egg carton (from Lesson 2)
- 1 Popsicle stick (from Lesson 2)
- 1 10" Dental Floss or String (from Lesson 2)
- Keep Your Teeth Healthy and Strong Handout (1 per student)

Lesson Structure & Learning Activities

BEGINNING OF LESSON

Say: "In our previous lesson we demonstrated how to properly brush and floss our teeth. Let's go over the steps."

Model the skill in front of class using props from Lesson 2 as students follow along. Use Brushing and Flossing Presentation of teeth, toothbrush/toothpaste/child brushing and flossing (slides 1-3) while modeling skill.

- Put a pea size or small fingernail sized amount of toothpaste on the toothbrush
- Brush your front teeth in a circular motion
- Brush your back teeth in a circular motion
- Rinse our mouth
- Gently floss between and around the teeth.

MIDDLE OF LESSON

Say: "It is important to keep practicing these skills so we can get really good at them. When we practice healthy habits, it helps our bodies stay healthy and safe. Practice also makes us better at something. In our last lesson, you demonstrated how to properly brush and floss your teeth. Today, we are going to practice brushing and flossing our teeth."

Place students in pairs or small groups.

Move to Slide 4

Tell students:

- Count off by 2 (or more if in groups). (You may use an item such as a popsicle stick to hand out to 1's to make it easier for students to remember who is demonstrating and who is watching.)



- If you are a 1 you will act out the skill of washing your hands and brushing and flossing your teeth properly.
- If you are a 2 you will watch your partner and help them follow the proper steps of brushing and flossing.
- When you see your partner showing proper washing, brushing, or flossing, give them a “thumbs up!”
- Have student observers use the Steps to Proper Brushing handout as a guide to determine correctness of steps.

Say: “Now we will switch. If you are a 2 you will act out the skill of washing your hands and brushing and flossing your teeth properly. If you are a 1 you will watch your partner and help them follow the proper steps of brushing and flossing.”

Teacher:

- Monitor the pairs to ensure correct information and steps are taught.
- Provide feedback to students as necessary.

Say: “What are the benefits to brushing and flossing properly every day?” Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Desired responses: “Keep our teeth clean and healthy; remove the plaque and bacteria on and between our teeth.”

Say: “What can happen when we do not brush and floss?” Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Desired responses: “We can get germs in our mouth; we can build up plaque on and between our teeth; and we could get cavities.”

Move to Slide 5

Say: “When we do not brush and floss, germs can stick to our teeth. When we do not brush those germs away, we could end up with a cavity. A cavity is a small hole in your tooth. Sometimes cavities might hurt.”

Say: “When might we need to seek healthcare or help for our teeth and gums?” Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Desired responses: “When we need our teeth cleaned; when we have a toothache; when it hurts to eat or drink; when we have a cavity.”

Say: “Who can we tell if we need healthcare or are hurting?” Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Move to Slide 6

Desired responses: “Dentist; doctor; school nurse; my teacher; parent/guardian/ or family member.”

Tell students “We are now going to look at lots of things that help keep our teeth healthy and strong.”

Distribute the “Keep Your Teeth Healthy and Strong” handout to each student.

Move to Slide 7

Go over each image with students.



Say: "If you think the image is a picture of something that is healthy for your teeth, circle it. If you think the image is something that can cause cavities, put an X through it."

Move to Slide 8

Say: "Who can share why the cupcake and candy have an X through them?"

Desired responses: "They have sugar in them, they can cause cavities."

END OF THE LESSON

Say: "Brushing and flossing our teeth is just one way of keeping our bodies healthy and safe."

Say: "What are some other ways to keep our bodies healthy and safe?" Have them raise their hand if any of them know the answer. If not, share the answers using the desired responses.

Desired responses: "Wearing a helmet when riding a bike; looking both ways before crossing the street; washing our hands; coughing or sneezing into our elbow."

Say: "Practicing healthy habits helps us improve or maintain our overall health. Healthy children make healthy students."

Extensions & Adaptations

Enrichment & Modifications for Diverse Learners	Word wall with vocabulary and images. Sentence frames: 1. I _____ everyday. 2. I remember to _____ every time I _____.
Educational Technology Integration	Students use devices to search for other health practices that keep individuals safe.
Extensions	Invite a dentist or dental hygienist to be a guest speaker in your classroom. Use the American Dental Association resource to find one near you.



Name: _____

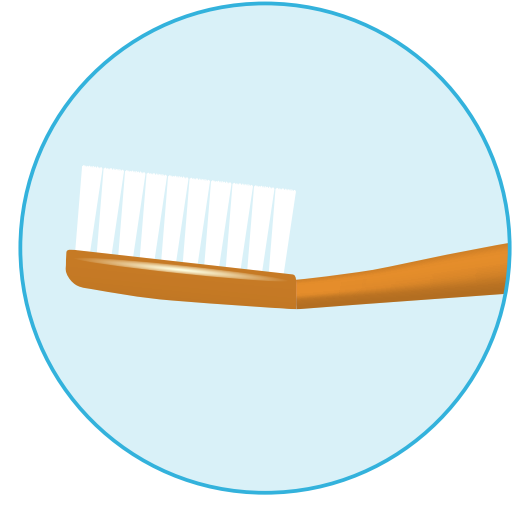
Sequencing Extension Activity

Directions: Cut out the pictures. Paste them in the correct order.

1

2

3



STEP

?

Wet your
toothbrush.



STEP

?

Apply
toothpaste
to your
toothbrush.



STEP

?

Smile! Brush the bottom, top, and sides. And brush your tongue.



STEP

?

Rinse your
mouth.



Name: _____

Brushing Time

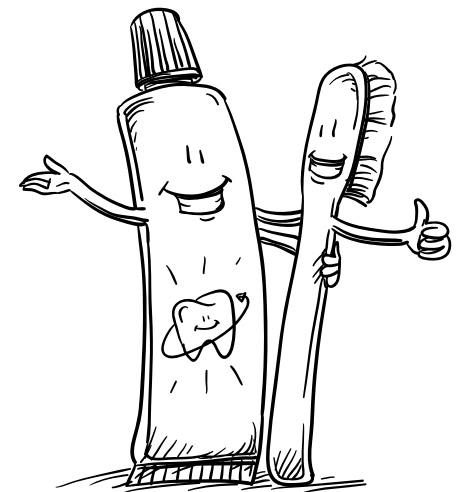
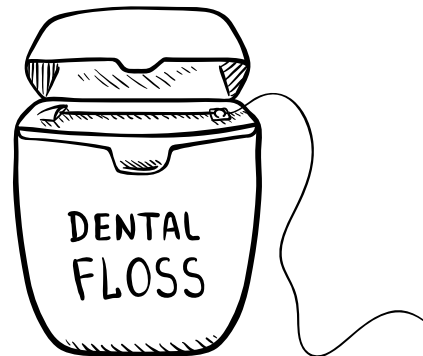
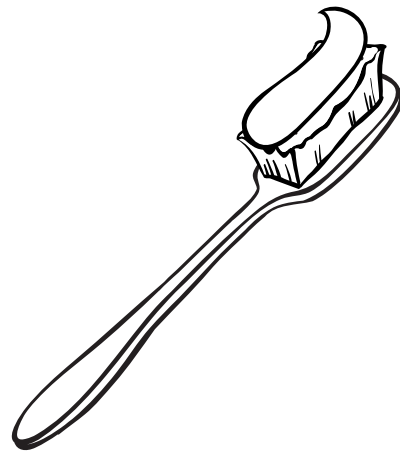
Directions: Color the pictures. Cut and paste them in the correct order.

1

2

3

4



Name: _____

Keep your teeth strong and healthy!

Directions: Circle the pictures of things that are good for you teeth and put an X on things that can cause cavities and decay.

