Kool Smiles Kids Club K-2 Lesson Plan

National Children’s Dental Health Month

1. **Lesson Plan Objective:** The student will be able to explain the importance of routine dental check-ups. The student will be able to demonstrate proper dental hygiene techniques, including brushing and flossing.
2. **National Education Standards**

* NPH-H.K-4.3 Reducing Health Risks
* NPH-H.K-4.6 Setting Goals for Good Health
* HE K.1a Explain why hygiene is important for good health.
* HE K.1a Describe the proper steps for daily brushing and flossing teeth.
* HE K.5a Explain positive outcomes from brushing and flossing teeth daily.

1. **Let’s Discuss!**

Keywords: dental office, hygienist, check-ups, tooth decay (cavities), toothbrush, toothpaste, floss, calcify, plaque and tarter

“Can you name some reasons why we go to the dentist?”

“What types of items are needed to maintain a happy, healthy smile?”

1. **Tips to Share:**

Proper Brushing Techniques

* Angle the toothbrush slightly up toward your gums.
* Brush back and forth gently in very short strokes along every tooth.
* When you finish brushing the outsides of your teeth, brush the insides and tops.
* Brush your tongue to remove bacteria and keep your breath fresh.

Proper Flossing Techniques

* Wrap the floss around your middle fingers with a short section pulled tight in between.
* Use your first fingers to gently guide the floss between two teeth all the way to the gum. Use a back and forth motion if the teeth are close together.
* Wrap the floss around one of the teeth in a “c” shape to clean all around the tooth.
* Gently move the floss up and down to remove plaque without hurting your gums.
* Repeat for all of your teeth.

1. **Activity Time!**

**Find & Color!**

Materials: “Find & Color!” Activity Sheets, coloring supplies

Using the “Find & Color!” activity sheet, discuss and allow students to identify items needed for a happy, healthy smile.

**Practice Makes Perfect!**

Materials: play-doh, dried white beans, yarn, pipe cleaners (optional), crinkled paper (optional)

Demonstrate and discuss the proper brushing and flossing techniques using a pre-made mouth model made from play-doh and dried white beans. Use the yarn as floss and make a toothbrush out of play-doh. Next, invite your students to make their own mouth models and practice!

After some time, you may choose to hand out small items such as pipe cleaners, or crinkled up paper to act as “plaque and tartar.”

1. **That’s a Wrap!**

“Why should we make proper oral care an important part of our daily routine?” Be sure to stress the importance of beginning a healthy habit today. Everyday is an opportunity to build a happy, healthy mouth.

Can you turn to a friend and share with them one Kool fact you learned today about either the dentist or how to keep a happy, healthy mouth?