



# Pre-K Lesson Plan

**Curriculum Guide Objective:**  
The student will develop basic knowledge of oral hygiene.

## 1) Curriculum Connections

**a) Curriculum Guide Objective:** The student will develop basic knowledge of oral hygiene.

**b) National Education Standards**

- NPH-H.K-4.1 HEALTH PROMOTION AND DISEASE PREVENTION
- NPH-H.K-4.3 REDUCING HEALTH RISKS
- NPH-H.K-4.4 INFLUENCES ON HEALTH
- NPH-H.K-4.5 USING COMMUNICATION SKILLS TO PROMOTE HEALTH
- NPH-H.K-4.6 SETTING GOALS FOR BETTER HEALTH
- NA-VA.K-4.6 MAKING CONNECTIONS BETWEEN VISUAL ARTS AND OTHER DISCIPLINES
- 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

## 2) Guiding Questions

***“What is a dentist?”***

***“How do we keep our teeth healthy?”***

**a) Concepts:** Becoming familiar with routine checkups and understanding basic dental hygiene practices to maintain a healthy mouth.



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- b) Vocabulary:** dentist, waiting room, toothbrush, toothpaste, floss, healthy vs. unhealthy eating choices, plaque and tarter

## 3) Motivation

**a) Relate to Previous Learning**

*"Can anyone tell me what a dentist is?" "Why do you think we need healthy teeth?" "What do we use our mouths for?" (eating, drinking, talking, whistling, funny faces, smiling, etc.)*

**b) Relate to Student Experience**

Share dental visit stories. If children are reluctant to share or have never been, take this opportunity to share one of your own positive dental visits.

**c) Type of Student Participation**

Group Discussion, Individual Creativity

## 4) Strategies/Activities/ Distributed Practice/Intervention

### → Brush Away

**Pre-Planning:** Make toothbrushes! Using a regular dish sponge, cut into small rectangles and then glue a piece to one end of a jumbo popsicle stick. Hot glue or tacky glue will work best. Next, you make the teeth! Using an ice cube tray, turn upside down and number each ice cube using a dry-erase marker. You can also use the alphabet, colors, shapes, etc.

"Time to discuss how we should brush our teeth!"

**Questions to open with:**

- "Does anyone know how long we are supposed to brush our teeth?"
- "Do we brush like this?" (Demonstrate an over the top, silly way to brush your



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teeth.) "Why not?" If a child would like to demonstrate the correct way, have them show the class. If not, demonstrate the proper techniques yourself. Share how improper brushing can cause missed spots, bleeding gums, and bad breath.

- "What do we need to clean our teeth?" toothbrush, toothpaste and floss

**Tip to share:** "Don't rush the brush!" You should brush for 2 minutes and here is how:

- 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.

Share with your students that today, they are going to design their own toothbrush and practice their brush strokes!

**Step 1:** Hand each child a pre-made toothbrush and allow them to color and/or decorate it.

**Step 2:** Distribute the "teeth." Instruct children to use their toothbrushes to brush away all of the food, drinks, and candy that stays trapped around our teeth. For direct instruction, lead the erasing with the examples below.

**Step 3:** Allow children to continue practicing their brush strokes by providing them with a dry erase marker. Encourage them to write their numbers or draw some of the icky stuff that stays on our teeth when we do not brush.

**Step 4:** Distribute a piece of yarn to each child. Demonstrate how to properly floss and then allow children to practice.



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**Examples for Direct Instruction:** Explain that many of these items are loaded with sugar and sugar is very bad for your teeth. Have fun getting to know some of your students favorites!

**Pretend it's your:**

- 1 - Favorite cereal!
- 2 - Dinner from last night!
- 3 - Favorite candy!
- 4 - Breakfast from this morning!
- 5 - Favorite vegetable!
- 6 - Favorite fruit!
- 7 - Favorite snack!
- 8 - Favorite juice!

→ **I Can Brush! Activity Sheet**

"To celebrate learning how to brush our teeth today, we are going to create our own mouth using cotton balls as our healthy white teeth!"

Distribute "I can brush my teeth!" activity sheet and instruct children to glue the cotton balls onto the gums. They can also glue their yarn between two teeth for a fun floss reminder!

## 5. Assessment

- Students are actively listening and responding to questions throughout lesson.
- Can the student share why it is important to brush our teeth?
- Ask, "What tip did we learn today?" Don't rush the brush!



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## 6. Closure

*“Why do we want to take time to brush our teeth everyday?” 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 how to keep a happy, healthy mouth?*

## 7. Extend and Refine Knowledge

### **Toothbrush Tips:**

- Use a soft toothbrush and brush gently to keep from damaging your teeth or gums.
- Don't share a toothbrush with someone else. You can pass germs back and forth.
- Replace your toothbrush every three to four months, or if the bristles are flattening out. A worn-out toothbrush will not clean your teeth very well.
- Use toothpaste that contains fluoride, which has been proven to prevent cavities.

### **Flossing Tips:**

- Don't be in a hurry when you floss. Take your time to remove all the plaque or food from between your teeth.
- Floss everyday at a time that works for you. It is more important to floss daily



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- than it is to floss at a certain time.
- Use as much floss as you need, generally about 18", to clean between each of your teeth with a clean section of floss.

**3.2.1. Rule: Eat 3 healthy meals, brush 2 times a day, floss 1 time a day.**

*"Don't rush the brush!"*

*"Don't wait for the ache!"*

## 8. Assessment/Student Products and Performances/ Technology

*"Can you turn to a friend and share with them one Kool fact you learned today about keeping a healthy smile?"*

## 9. Resources

### **Websites:**

→ <http://www.educationworld.com/standards/index.shtml> - National Education Standards



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**Materials:**

→ Ice trays (1/child or 1/two children), dry-erase markers, yarn, glue, cotton balls

**Activity Sheets:**

- I Can Brush My Teeth!
- Brushing Buddies Coloring Sheet

# Activity: I Can Brush My Teeth!

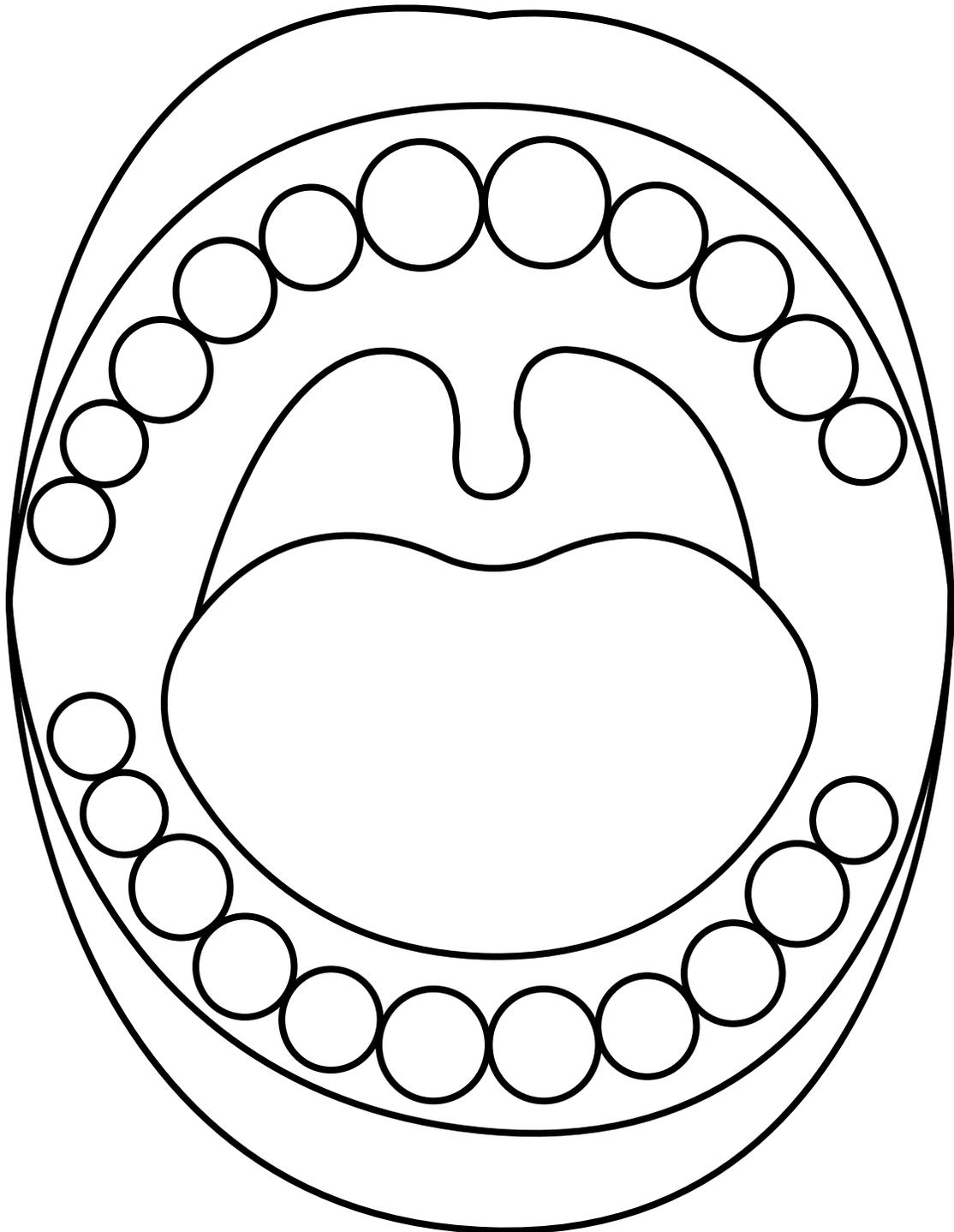
**What you will need for this activity:** cotton balls, glue, crayons, a toothbrush

## **Let's Brush!**

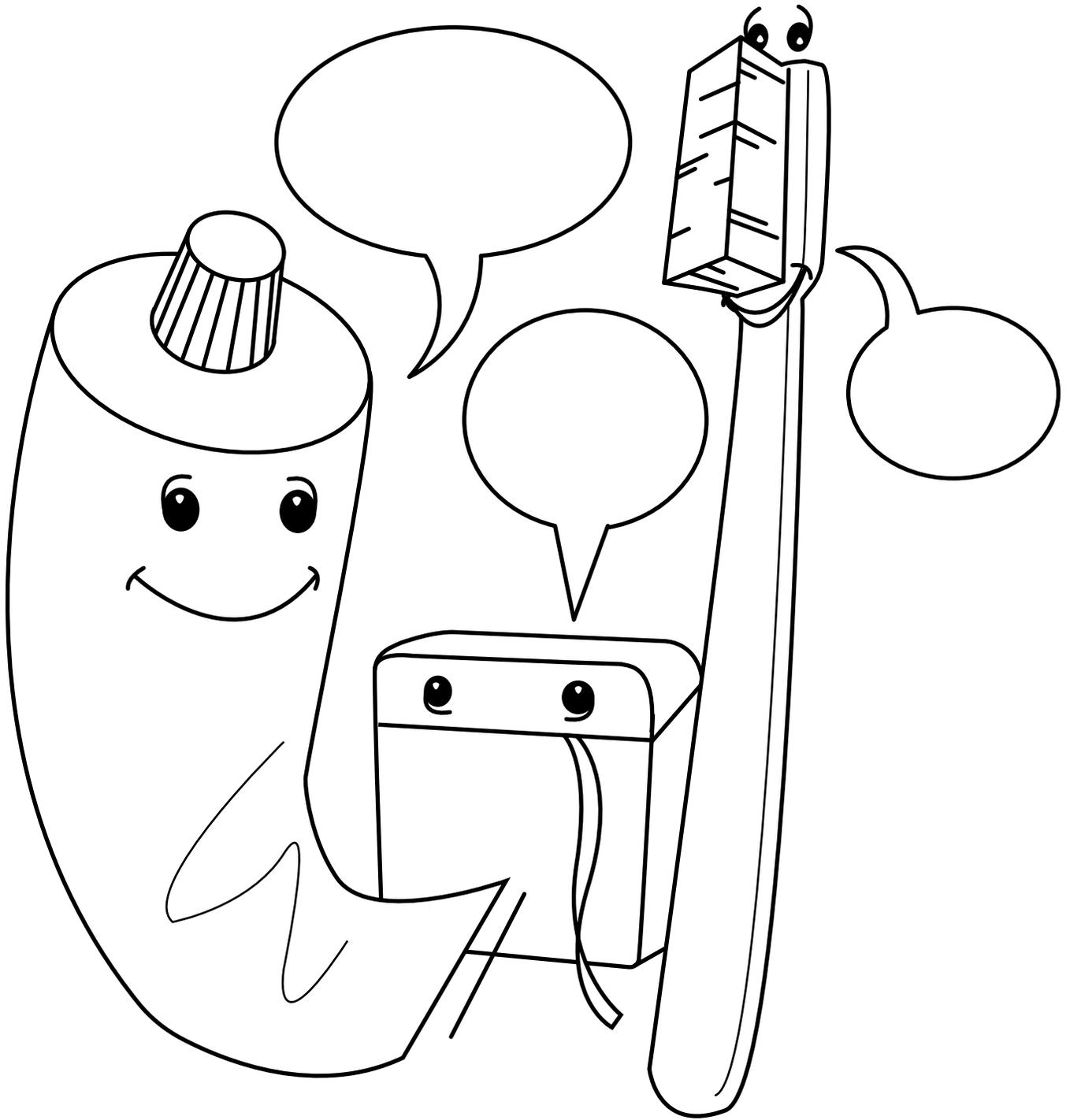
Step 1: Color the mouth!

Step 2: Glue your cottonballs on the circles to represent teeth.

Step 3: Practice "brushing" the teeth with a toothbrush.



# ★ Brushing Buddies! ★



Toothpaste, floss, and toothbrush are the best of friends and make a great team! What colors are your Brushing Buddies? What do yours say to one another?