Big Idea/ Topic
How can I maintain healthy behaviors?
How can I brush my teeth?

Standard Alignment

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
   a. Tell how healthy behaviors impact personal health and wellness.

HE1.2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
   a. Identify how family influences personal health practices.

HE1.3: Students will demonstrate the ability to access valid information and products and services to enhance health.
   a. List the roles and responsibilities of professionals who assist with enhancing health.

HE1.6: Students will demonstrate the ability to use goal-setting skills to enhance health.
   a. Identify actions needed to achieve a short-term personal health goal.

HE1.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
   a. Practice health behaviors to maintain personal health and wellness.
   b. Model behaviors that reduce health risks

Connection Standards

ELAGSE1SL1: Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.

ELAGSE1L1: Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
*Instructional Design*

This lesson has a flexible timeline and will cross over several days. This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.

**Part 1:** Students will begin by discussing their current dental health habits. Lead a class discussion and ask the students if they already brush their teeth, if they floss their teeth, if they go to the dentist, etc. Have students brainstorm reasons why it is important to brush their teeth, then show the video below.

- [https://www.youtube.com/watch?v=aOebfGGcjVw](https://www.youtube.com/watch?v=aOebfGGcjVw) – Why Do We Brush Our Teeth

*Unplugged variation* – Print out and review the “Why Do We Brush Our Teeth?” sheet below.

**Part 2:** Have students practice the motion of brushing and flossing their teeth. View the video below then practice with students. Students can use a pencil to practice moving their wrists in circular motions. You can also have students complete the unplugged practice activity.

- [https://www.youtube.com/watch?v=hDZXSMU2lAk](https://www.youtube.com/watch?v=hDZXSMU2lAk) – How to Brush Teeth Properly

*Unplugged Variation* – See brushing and flossing activity below.

**Part 3:** Students will create their own chart to track their teeth brushing. Have students draw their own chart or give out copies of the chart below. Show students the video and have them practice singing the song so that they know how long to brush for.

- [https://www.youtube.com/watch?v=FA8O_Ff0CFk](https://www.youtube.com/watch?v=FA8O_Ff0CFk) – Brush to the Beat

*Unplugged Variation* – Print out the “I Can Do It” chart below or have students create their own. Print out the “Brush, Brush, Brush Your Teeth” sheet below.

**Part 4:** Lead students in a discussion about going to the dentist. Ask students if they have ever gone to the dentist or been to the dentist for someone else. Ask them if they know how dentists can help them and show the video below.

- [https://www.youtube.com/watch?v=mShcqNnZ9Ao](https://www.youtube.com/watch?v=mShcqNnZ9Ao) – Billy Blue Hair – Why Do I Have To Go To The Dentist?

*Unplugged Variation* – Lead the same class discussion, then you may choose to read aloud a book about going to the dentist. Some suggested titles are Just Going to the Dentist by Mercer Mayer and The Berenstain Bears Visit the Dentist by Stan Berenstain.

**Part 5:** **Sample Assessments**

- Dental Health Review Quiz – see below.
- Dental Health Goal Setting – see below.
- Writing Activity – Taking Care Of My Teeth – see below.

**Unplugged Supplies:**

- “Why Do We Brush Our Teeth?” sheet print out – see below.
- Toothbrush, laminated smile card, dry erase marker, play dough, egg carton, and string for toothbrushing and flossing activity – see below.
- “I Can Do It!” sheet print out – see below.
• “Brush, Brush, Brush Your Teeth” sheet print out – see below.

### Evidence of Student Success

**Sample Assessments**
- Dental Health Review Quiz – see below.
- Dental Health Goal Setting – see below.
- Writing Activity – Taking Care Of My Teeth – see below.

### Student Learning Supports

**Ideas for Differentiation:**
Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. *Note: Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.*

- Allow students to create their own song to brush their teeth too.
- Allow students to practice circular motions as much as they need to – if doing the brushing and flossing activity below, draw on students’ cards again with the dry erase marker after they clean it off or place more play dough in the egg carton after they have gotten it out.
- Have students create their own habit tracker instead of using the one included below.

**Opportunities for Extension:**
- Have students create a video or poster to explain why it is important to brush and floss your teeth to a friend.
- Have students research what kinds of foods are the best to make teeth stronger.

### Engaging Families

Students can create habit trackers for their family members to have their whole household track how often they brush their teeth.

Students can explain why brushing and flossing your teeth is important to a family member.

Students can lead family members in singing the songs used in the lesson to make sure everyone brushes their teeth for the appropriate amount of time.

**All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.**
“Why Do We Brush Our Teeth?”

Why Do We Brush Our Teeth?

- Keep your teeth strong and healthy!
- Get rid of small pieces of food that gets stuck between teeth!
- Prevents cavities from forming!
- Keep your breath smelling good!
- Get rid of bacteria left in your mouth!
Brushing and Flossing Practice Activity

Materials:

Toothbrush (can be old or used), a laminated index card with a smile, dry-erase marker, portions of an egg carton, play dough, pieces of string or rope

Procedures:

Print out the card below on index cards or pieces of paper and laminate. Then draw on the index cards using dry erase markers (to simulate food pieces left behind on teeth). Have students practice brushing using the toothbrushes on the index cards to get rid of the dry erase marker. You can draw on more “food pieces” after students brush away all of the marks.

To practice flossing, cut up old egg cartons into pieces of three or four. Place the portions of egg cartons upside down and place pieces of play dough in the spaces of the egg carton (the play dough simulates food left between teeth). Give students pieces of rope or string and have them practice getting the playdough out of the spaces.
Brush, Brush, Brush Your Teeth

TO THE TUNE OF ROW, ROW, ROW YOUR BOAT

Brush, brush, brush your teeth
At least two times a day.
Cleaning, cleaning, cleaning, cleaning,
We’re fighting tooth decay.
Floss, floss, floss your teeth
Every single day.
Gently, gently, gently, gently,
Whisking plaque away.
Rinse, rinse, rinse your teeth
Every single day.
Swishing, swishing, swishing, swishing,
We’re fighting tooth decay.

Sing through twice!
**I Can Do It! Chart**

<table>
<thead>
<tr>
<th></th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brush my teeth in the morning</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
</tr>
<tr>
<td>Brush my teeth at night</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
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<td>★★★★</td>
</tr>
<tr>
<td>Floss in the morning</td>
<td>★★★★</td>
<td>★★★★</td>
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<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
</tr>
<tr>
<td>Floss at Night</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
<td>★★★★</td>
</tr>
</tbody>
</table>

**I AM KEEPING MYSELF HEALTHY!**
Dental Health Review

1. What shape should your toothbrush make when you brush your teeth?
   a. Square
   b. Circle
   c. Triangle

2. What do you use to clean in between your teeth?
   a. Toothbrush
   b. Toothpaste
   c. Tooth floss

3. Should you toothbrush touch each tooth when you’re brushing your teeth?
   a. Yes
   b. No

4. What do you put on your toothbrush to help clean your teeth?
   a. Toothpaste
   b. Tooth floss
   c. Soap

5. How many times a day should you brush your teeth?
   a. One
   b. Two
   c. Five
DENTAL HEALTH GOAL SETTING

Right now, I brush my teeth ______ times a day.
Right now, I brush my teeth ______ times a week.
Right now I floss my teeth ____ times a week.

Next month, I will brush my teeth ______ times a day.
Next month, I will brush my teeth ______ times a week.
Next month, I will floss my teeth ____ times a week.
TAKING CARE OF MY TEETH

Draw a picture of you brushing your teeth

Describe what you are doing in the picture.

Teeth are important because:

I can take care of my teeth by: