Kool Smiles Kids Club Pre-K Lesson Plan

National Children’s Dental Health Month

1. **Lesson Plan Objective:** The student will develop basic knowledge of oral hygiene.
2. **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.

1. **Let’s Discuss!**

Keywords: dentist, waiting room, toothbrush, toothpaste, floss, healthy vs. unhealthy

eating choices, plaque and tarter

“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.)

1. **Tips to Share:**

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.

1. **Activity Time!**

**Brush Me!**

Materials: “Brush Me!” Activity Sheets, washable white paint, toothbrushes OR popsicle sticks and cut sponges

Using the “Brush Me!” activity sheet, demonstrate proper brushing techniques using toothbrushes and pretend toothpaste! If toothbrushes are unavailable, you can also use popsicle sticks with a sponge hot glued to the end to serve as the bristles of the “toothbrush.”

1. **That’s a Wrap!**

“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?