

# 10 Minutes for Teeth

Simple Oral Health Education for grades K-6



## About

**Dental pain is the #1 reason kids miss school.**

10 Minutes for Teeth was designed to help teachers convey the importance of oral health to K-6 students with quick, easy, and fun lesson plans.



## Goals

**To improve children's oral & overall health.**

In order for students to adopt behaviors needed to achieve good oral health, it is vital for kids to be given fun, easy-to-learn information on a regular basis.



## Reasoning:

**Let's face it...teachers are BUSY** and time in the classroom is precious. 10 Minutes for Teeth provides FREE, easy-to-use online lesson plans for grades K-6.

## Welcome to 10 Minutes for Teeth!

There are many comprehensive oral health education curriculums currently available to teachers; however, most are not being utilized in the classrooms. These are too complicated and often take too much time away from classroom curriculum.

The purpose of *10 Minutes for Teeth* is to provide teachers with a simplified, time efficient curriculum they will actually use in their classrooms...a plan that is easy to teach, fun to learn, and developed by a practicing dental hygienist.

*The primary goal of 10 Minutes for Teeth is for kids to achieve good oral health AND for teachers to have happy and healthy learners in their classrooms.*

### 10 Minutes for Teeth includes:

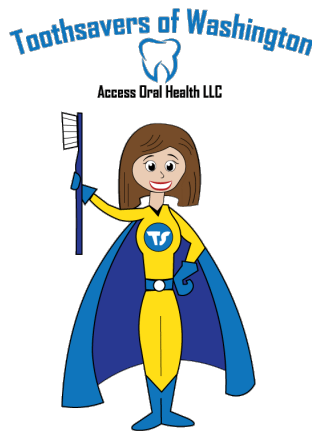
- **Lesson Plans:** Nine 10-minute lesson units (one for each school month) including subject matter and materials relative to classroom grade level.
- **Activities:** A classroom/student activity, such as a hands-on activity or related video.
- **Handouts:** A printable handout or monthly brushing chart with a review of lesson learning points on the reverse side for families. Includes information on how to support their child's good oral health habits at home as well as valuable dental resources available in their area.
- **Supplemental Materials Option:** Additional teaching materials if you would like to offer extended learning in the classroom or additional take-home materials.
- **Special Needs Materials:** Optional materials and activities for children with special needs (i.e. sensory disorders or those on the autism spectrum).

# Acknowledgements

**10 Minutes for Teeth** was created by Amber Juliano RDH, BS, of Toothsavers of Washington (School-Based Oral Health Program) in collaboration with:

- Arcora Foundation, the foundation of Delta Dental of Washington
- Communities in Schools of Spokane County

For questions about this oral health education curriculum, contact Stacy Torrance, Arcora Foundation Senior Program Officer, at [storrance@arcorafoundation.org](mailto:storrance@arcorafoundation.org)



# How to Use 10 Minutes for Teeth

This **10 Minutes for Teeth: Grades 5-6 Curriculum Guide** contains lesson plans, parent handouts, and supplemental materials to complete all nine lesson units for these grade levels. These lessons are designed to be used monthly (one lesson unit for each school month), but these can be used at a cadence that best meets the needs of your classroom.

Specific instructions for each lesson unit are detailed on their respective lesson plan.

## Navigating Table of Contents

Each lesson unit has a teacher lesson plan and family handout. Simply click on the title of the lesson unit to be brought to those materials.

## Using Resource Pages

All lesson videos and supplemental materials are linked at the end of this guide under “Resources Page.” Use this page to access all videos in one place, or to find additional readings, videos, activities, etc. to support specific lessons.

## Exporting/Printing Individual Pages

You can also save or share individual pages to share with students and/or family via email or printed handout.

To save or share only the desired lesson plan(s) and/or family handout(s):

1. On your PDF reader (i.e. Adobe Reader), go to **File > Print**
2. For **Printer**, choose
  - a. PC: Microsoft Print to PDF
  - b. Mac: Save as PDF
3. For **Pages to Print**, select the Pages option and type in the pages you wish to save/share
4. Click **Print**
5. Rename and save to your desired location on your computer

## Questions?

Email Stacy Torrance, Arcora Foundation Senior Program Officer, at [storrance@arcorafoundation.org](mailto:storrance@arcorafoundation.org)

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# 10 Minutes for Teeth



5<sup>th</sup> & 6<sup>th</sup> Grade

Lesson 1

## Taking Care of Our Teeth



**THEME:** Daily routine review on how to properly take care of our teeth.



**TARGET:** Students will review how to properly care for their teeth.



**TIME:** 10 min

### Preparation:

- Print or click Lesson 1 [discussion points, videos, handouts, activities, and pictures]
- Have all handout materials & a wrapped toothbrush laid out for each child at their desk/station. [see supplemental materials for toothbrush donation resources]

### Discussion Points: 5 minutes

- **Review: What do we do to take care of our teeth?**
  - Brush our teeth 2 times per day, morning and night for 2 minutes each time [See picture [L1-1](#)]
    - Listen to your favorite song, or set a timer on a phone, Alexa, or watch a clock.
    - Brush in gentle circles, on front, back and top of all the teeth.
    - You should be brushing your tongue as well.
      - Plaque grows on your tongue and can cause bad breath. Brush back and forth for about 10 seconds each time you brush your teeth. Some toothbrushes even have a tongue cleaner on the back of them. [See picture of tongue cleaner brush [L1-2](#)]
  - Floss your teeth once per day. See picture [L1-3](#)
  - Go to the dentist for checkups and teeth cleaning 2 times per year.
  - Make healthy food and drink choices such as; milk, water, cheese, apples, meats, nuts, and carrots.
  - Limit unhealthy food and drink choices like soda, energy drinks, candy, crackers, raisins, and cookies and save them only for special occasions.
  - Swish with water between snacks and meals.
  - Throw out your old toothbrush and use a new one every 3 months or if you get sick. (Never share toothbrushes with anyone else).
  - Swish with a fluoride rinse before bed, after brushing your teeth.

### Activities: Videos & Handouts (5 minutes)

[ADA Proper Brushing Method Video](#) (2 minutes)

[ADA Proper Flossing Video](#) (2 minutes)

**Handout 1:** [Lesson 1 gr 5-6 brushing chart](#) (Print double sided, can be printed in color or black/white)

- Explain how it works: Kids will put on their bathroom mirror, cross off a tooth on the chart with a crayon or pencil each time they brush for 2 minutes, morning and night. When the chart is full students can turn into you for a reward.

**Handout 2:** [How to Properly Brush](#)

[Click to Access Supplemental Materials](#)

**Visual: L1-1**



**Visual: L1-2**



**Visual: L1-3**



# 10 Minutes for Teeth

## Lesson 1 Grades 5 & 6



### What my child learned today

#### **What we do to take care of our teeth?**

- *Listen to your favorite song, or set a timer on a phone, Alexa, or watch a clock*
- *Brush in gentle circles, on front, back and top of all the teeth.*
- *You should be brushing your tongue as well.*
  - *Plaque grows on your tongue and can cause bad breath. Brush back and forth for about 10 seconds each time you brush your teeth. Some toothbrushes even have a tongue cleaner on the back of them.*
- *Floss your teeth once per day*
- *Go to the dentist for checkups and teeth cleaning 2 times per year*
- *Make healthy food and drink choices such as; milk, water, cheese, apples, meats, nuts, and carrots.*
- *Limit unhealthy food and drink choices like soda, candy, crackers, raisins, and cookies and save them only for special occasions.*
- *Swish with water between snacks and meals*
- *Throw out your old toothbrush and use a new one every 3 months or if you get sick. (Do not ever share toothbrushes with anyone else)*
- *Swish with a fluoride rinse before bed, after brushing*
- **Monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

#### Family Resources

\*For help finding a dentist in your area please visit: [www.dentistlink.org](http://www.dentistlink.org)

\*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit [www.hca.wa.gov](http://www.hca.wa.gov)

\*More information & resources on children's oral health:

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Videos to watch at home: <https://www.deltadentalwa.com/blog/entry/2020/04/tooth-fairy-videos-for-childrens-oral-health-at-home>

























































What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits - drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.



# I BRUSHED MY TEETH!

NAME: \_\_\_\_\_

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
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Parents/Guardians: please see reverse side for valuable information





# 10 Minutes for Teeth



## 5<sup>th</sup> & 6<sup>th</sup> Grade Lesson 2 **Bacteria & Cavities**



**THEME:** Bacteria & cavities



**TARGET:** Students will learn about bacteria in the mouth that causes cavities.



**TIME:** 10 min

### **Preparation:**

- Print or click Lesson 2 [have clickable links to discussion points, videos, handouts, activities, and pictures]
- Have all activity materials prepped and video cued.
- Have cups pre-marked about halfway with a sharpie line, write "Sugar" on one cup. Have all other materials set up next to the cups. [See activity at end of lesson]

### **Discussion Points: 3 minutes**

- We have over 6 billion bacteria that live in our mouths. Some are good and some are not. Two of the main bacteria that cause harm to our teeth are Streptococcus Mutans - show [\[L2-1\]](#) picture - and Lactobacilli (Strepto and Lacto for short). See [\[L2-2\]](#) picture.
  - When you eat high carbohydrate or sugary foods plaque will form, remember plaque? The sticky film full of cavity causing germs that grows on our teeth. Strepto and Lacto live in plaque and will combine with food and sugar left on your teeth to create an acid.
  - The acid then eats at the enamel (the outside layer) of your teeth to cause a cavity. Show [\[L2-3\]](#) picture.
  - Once you get a cavity it will not go away on its own. A dentist must fix it for you.
  - Cavities grow larger in size over time, so the longer you have a cavity, the worse it gets. See [\[L2-4\]](#) picture.
  - Sometimes if it is small you will not feel a cavity on your tooth but, as it gets larger it can hurt.

### **Activities: Videos & Activity (7 minutes total)**

**Video:** [Cavities & Bacteria](#) 5 minutes

**Activity: 2-minutes Acid Attack.**

The teacher will perform this activity in front of the class.

Materials:

- 2 clear plastic cups (12oz. preferred)
- 1 package active dry yeast
- Sharpie marker
- Warm Water (About 3 cups)
- Sugar (1 tbsp)

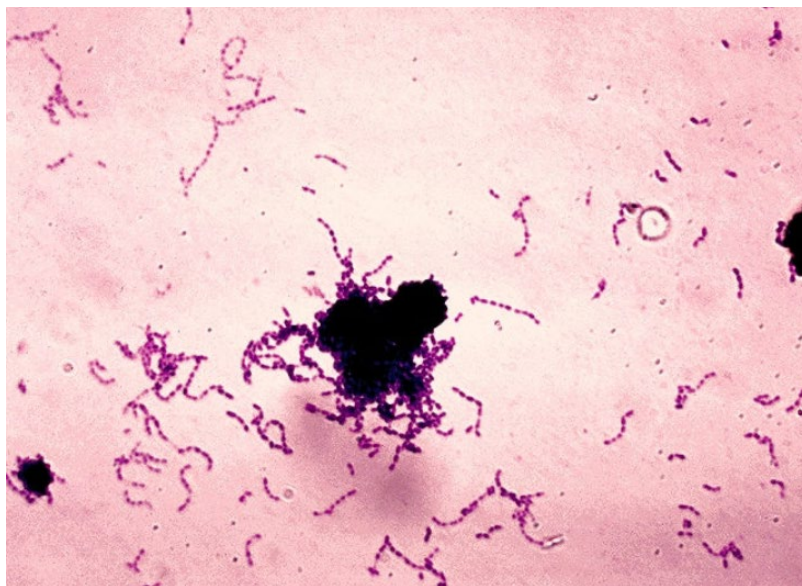
Instructions: Preparation before demo: have cups pre-marked about halfway with a sharpie line, write "Sugar" on one cup. Have all other materials set up next to the cups.

Demo: Pour half of the yeast packet into each cup. Explain that this represents food. Then add the sugar in the sugar cup and explain that this is sugary or starchy food (like cookies, crackers, candy, chips) and the other is healthy food (like cheese, apples, carrots, meats). Pour warm water to the line in the "healthy" cup first, and then into the sugar cup. As the sugar cup starts to bubble over explain that this is the acid forming from the sugar, just like what happens in your mouth. This is the acid that starts to eat away enamel on the teeth and cause cavities. See [\[L2-5\]](#) for demo purposes.

**Handout:** [Lesson 2 Grades 5-6 Toothbrush Chart](#)

[Click to Access Supplemental Materials](#)

**Visual: L2-1**



**Visual: L2-2**



### Visual: L2-3



### Visual: L2-4



### Visual: L2-5

**Growing Plaque!**

2 tsp. yeast in each cup  
 1 cup warm water in each cup  
 Add 1 TB sugar to one cup  
 Stir to mix with separate spoons  
 Observe the PLAQUE ATTACK!

The three photos show the progression of a yeast-based plaque model. In the first photo, two cups of liquid are shown. In the second and third photos, a thick, white, fuzzy substance (the plaque) has grown on top of the liquid in one of the cups.

MRS. STUMP'S kindergarten

# 10 Minutes for Teeth

## Lesson 2 Grades 5 & 6



### What my child learned today

- **What bacteria do to your teeth.**

*We have over 6 billion bacteria that live in our mouth. Some are good and some are not. Two of the main bacteria that cause harm to your teeth are Streptococcus Mutans and Lactobacilli (Strepto and Lacto for short).*

- *When you eat high carbohydrate or sugary foods plaque will form.*
- *Strepto and Lacto live in that plaque and will combine with food and sugar left on your teeth to create an acid.*
- *Acid then eats at the enamel (the outside layer) of your teeth to cause a cavity.*
- *If you get a cavity it will not go away on its own. A dentist must fix it for you.*
- *Cavities grow larger in size over time, so the longer you have a cavity, the worse it gets.*
- *Sometimes if it is small you will not feel a cavity on your tooth but, as it gets larger it can hurt.*

We watched a video and performed a demonstration in class showing how cavity causing acid is created in the mouth. This happens when sugary or starchy foods are on the teeth.

- **Monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

### Family Resources

\*For help finding a dentist in your area please visit: [www.dentistlink.org](http://www.dentistlink.org)

\*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit [www.hca.wa.gov](http://www.hca.wa.gov)

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What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits - drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.



# I BRUSHED MY TEETH!

NAME: \_\_\_\_\_

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# 10 Minutes for Teeth



5<sup>th</sup> & 6<sup>th</sup> Grade

## Lesson 3 Taking Care of Our Teeth



**THEME:** Daily routine review on how to properly take care of our teeth.



**TARGET:** Students will review how to properly care for their teeth.



**TIME:** 10 min

### Preparation:

- Print or click Lesson 3 [discussion points, video, handouts, activities & pictures]
- Lesson 3 toothbrush charts printed for handout to each student.
- Have video prepped.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

### Discussion Points: 5 minutes

#### What is fluoride?

- Fluoride is a safe & natural mineral that helps fight cavities and makes teeth stronger.
  - Fluoride can be in your toothpaste. Show picture [\[L3-1\]](#).
  - You swish with a fluoride rinse at home, where you swish it and spit it out. See picture [\[L3-2\]](#)
  - Fluoride can be in your drinking water [\[L3-3\]](#) and will coat your teeth when you drink it or swish it.
  - Fluoride is brushed on your teeth at the dentist office or at your school. See picture [\[L3-4\]](#)
  - Even your regular doctor can brush fluoride on at the doctor's office. [\[L3-5\]](#)

#### Why is fluoride good for teeth?

- It coats our teeth with a protective layer or shield to help keep bacteria and acid from hurting the teeth.
- It makes our enamel, which is the outside of our teeth, stronger, preventing cavities. [\[L3-6\]](#)

### Activity: Video & Handouts 5 minutes

Video: [ADA Fluoride](#)

Handouts (take home):

1. [Lesson 3 Brushing chart](#)
2. [ADA Dental Word Search](#)

[Click to Access Supplemental Materials](#)



Visual: L3-1



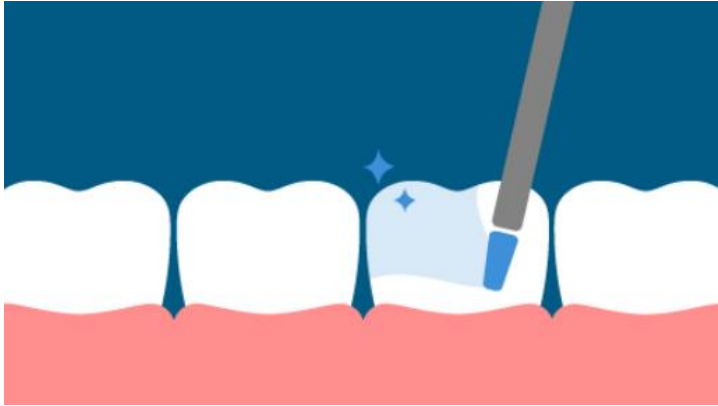
Visual: L3-2



Visual: L3-3



Visual: L3-4



Visual: L3-5



Visual: L3-6



# 10 Minutes for Teeth

## Lesson 3 Grades 5 & 6



### What my child learned today

#### **What is Fluoride?**

- Fluoride is a safe & natural mineral that helps fight cavities and makes teeth stronger.
  - Fluoride can be in your toothpaste
  - You swish with a fluoride rinse at home, where you swish it and spit it out
  - Fluoride can be in your drinking water and will coat your teeth when you drink it or swish it.
  - Fluoride is brushed on your teeth at the dentist office or at your school.
  - Even a physician can brush fluoride on at the doctor's office.

#### **Why is fluoride important for teeth?**

- It coats our teeth with a protective layer or shield to help keep bacteria and acid from hurting the teeth.
- It makes our enamel, which is the outside of our teeth, stronger, preventing cavities.

Visit The American Dental Association at [www.ADA.org](http://www.ADA.org) online or enter this link for more information on fluoride. <https://youtu.be/o9UuXmQH1fo>

- A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month, they will receive a reward.

#### Family Resources

\*For help finding a dentist in your area please visit: [www.dentistlink.org](http://www.dentistlink.org)

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What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits - drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

# I BRUSHED MY TEETH!

NAME: \_\_\_\_\_

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# 10 Minutes for Teeth



Grades 5-6

Lesson 4

**Nutrition & Dangerous Drinks**



**THEME:** Nutrition and Dangerous Drinks



**TARGET:** Students will review how to properly care for their teeth.



**TIME:** 10 min

## **Preparation:**

- Print or click Lesson 4 [discussion points, handouts, and pictures]
- Have Video cued up.
- Have handouts ready.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

## **Discussion Points: 7 minutes**

Most foods and drinks we consider healthy for our bodies are also healthy for our teeth.

**What kinds of foods & drinks are best for healthy teeth?** Show picture [\[L4-1\]](#)

- Carrots, Apples, cheese, yogurt, leafy green vegetables, meats, nuts, eggs, beans, milk, water

**What foods & drinks do you think are bad for our teeth?** See picture [\[L4-2\]](#)

- Soda, energy drinks, sports drinks, juice, candy (especially really sticky & hard candies), cookies, cakes, bread, potato chips, dried fruits, and raisins (because they are sticky and hard to get out of teeth).
- Soda [\[L4-3\]](#), energy drinks [\[L4-4\]](#), and sports drinks [\[L4-5\]](#), are the unhealthiest drink choices. They are bad for your teeth because of the sugar content and the acid they produce. Water is always the healthiest drink choice for bodies and teeth.
  - a. Just one regular can of soda has an average of 10-12 teaspoons of sugar in it.
  - b. An energy drink can have over 17 teaspoons of sugar! Many sodas and energy drinks have large amounts of caffeine and other chemicals in them that are toxic & very unhealthy for the body, especially the heart and kidneys.
  - c. Drinks with sugar and carbonation, like these, create the most acid attacks on your teeth.
- **Sweets & Chewing Gum:**

If you have sweets, eat or drink them with your meals. If you need a snack, choose nutritious foods. What about chewing gum? Chewing gum for about 20 minutes immediately after a meal or snack is okay as long as the gum is sugarless. In fact, sugar-free gum makes your mouth produce more saliva that can help rinse the acid off your teeth. When you are finished chewing, be sure to throw it away in a trash can.

**Video:** 3 minutes [Soda is bad for Teeth](#)

**Handout** [Lesson 4 Brushing chart](#)

\*Review Brushing: 2 times per day, 2 minutes each - in circles around all sides of the teeth. You will want to reinforce this each lesson.

[Click to Access Supplemental Materials](#)



Visual: L4-1



Visual: L4-2



Visual: L4-3





Visual: L4-4



Visual: L4-5



# 10 Minutes for Teeth

## Lesson 4 Grades 5 & 6

### Nutrition



What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits - drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

### **What my child learned today**

*What kinds of foods & drinks are healthiest for our teeth?*

- Carrots, Apples, cheese, yogurt, leafy green vegetables, meats, nuts, eggs, beans, milk, and water

*Which foods & drinks are bad for our teeth?*

- Soda, energy drinks, sports drinks, juice, candy cookies, cakes, bread, potato chips, dried fruits and raisins (because they are sticky and hard to get out of teeth)
- Soda, energy drinks, and sports drinks, are the unhealthiest drink choices...both for your body and your teeth.
  - a. Just one regular can of soda has an average of 10-12 teaspoons of sugar in it.
  - b. An energy drink can have over 17 teaspoons of sugar! Many sodas and energy drinks have large amounts of caffeine and other chemicals in them that are toxic & very unhealthy for your body, especially your heart and kidneys.
  - c. Drinks with sugar and carbonation, like these, create the most acid attacks on your teeth also.

***Chewing Gum:***

*Chewing gum is ok and can even help remove food from the teeth but, it MUST be sugar-free!*

- **A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month, they will receive a reward.**

### Family Resources

\*For help finding a dentist in your area please visit: [www.dentistlink.org](http://www.dentistlink.org)

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# I BRUSHED MY TEETH!

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# 10 Minutes for Teeth



## Grades 5-6 Lesson 5 **Dentist Visits**



**THEME:** Dentist Visits



**TARGET:** Students will learn about what to expect during visits to the dental office.



**TIME:** 10 min

### **Preparation:**

- Print or click Lesson 5 [discussion points, handouts, and pictures]
- Have pictures & video cued up.
- Have handouts ready.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

### **Discussion Points: 7 minutes**

- **Routine Dental Visit**
  - Raise your hand if you have been to the dentist before. You should be visiting a dentist office twice per year for routine visits which include:
    - X-rays /pictures of your teeth. Show [\[L5-1\]](#) picture.
    - A check-up exam from the dentist [\[L5-2\]](#)
    - Teeth cleaning and polishing [\[L5-3\]](#)
  - No matter how well we brush and floss our teeth at home, we still need routine dental cleanings.
- **Getting a cavity fixed**
  - In the case that you do get a cavity in a tooth, a dentist will need to fix the tooth for you. Most cavities can be fixed by getting what is called a filling. [\[L5-4\]](#)
  - The first thing the dentist will do is make the tooth numb so you do not feel any discomfort.
  - He or she will then remove the decay, or cavity, from the tooth with a dental tool.
  - The dentist will then fill the hole in the tooth with a plastic like material that matches the color of your tooth.
  - Sometimes if the cavity is too big for a filling the dentist will need to do a crown, which is a silver or tooth colored cap that goes over the tooth. [\[L5-5\]](#)

### **Play Video 1: 1 minute [Filling](#)**

- **Braces**
  - Braces (or orthodontics) are commonly placed on teeth to correct the way your teeth bite together or to straighten the teeth. A dentist will usually tell you and your parent or guardian if you will need braces on your teeth. [\[L5-6\]](#)

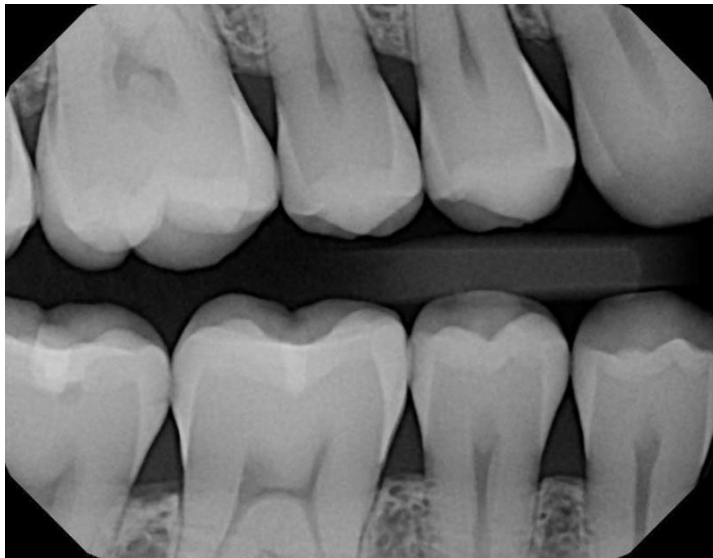
### **Video 2 [Braces Time Lapse Video](#)**

### **Handout [Lesson 5 Brushing chart](#)**

\*Review Brushing: 2 times per day, 2 minutes each - in circles around all sides of the teeth. You will want to reinforce this each lesson.

[Click to Access Supplemental Materials](#)

**Visual: L5-1**



**Visual: L5-2**



**Visual: L5-3**





Visual: L5-4



Visual: L5-5



Visual: L5-6





# 10 Minutes for Teeth

Lesson 5 Grades 5 & 6

Dental Visits



What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

## **What my child learned today**

- **Routine Dental Visit**
  - *Most of you have gone to the dentist by now and know all about routine visits that include:*
    - *Xrays /pictures of your teeth*
    - *A check-up exam from the dentist*
    - *Teeth cleaning and polish*
  - *These visits should be completed twice per year, every 6 months.*
  - *No matter how well we brush and floss our teeth at home, we still need routine dental cleanings.*
- **Getting a cavity fixed**
  - *In the case that you do get a cavity in a tooth, a dentist will need to fix the tooth for you. Most cavities can be fixed by getting what is called a filling.*
  - *Sometimes if the cavity is too big for a filling the dentist will need to do a crown, which is a silver or tooth colored cap that goes over the tooth.*
- **Braces**
  - *Braces (or orthodontics) are commonly placed on teeth to correct the way your teeth bite together or to straighten the teeth.*
- **A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month, they will receive a reward.**

## **Family Resources**

\*For help finding a dentist in your area please visit: [www.dentistlink.org](http://www.dentistlink.org)

\*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit [www.hca.wa.gov](http://www.hca.wa.gov)

\*More information & resources on children's oral health:

























































[www.cdc.gov/oralhealth](http://www.cdc.gov/oralhealth)

<https://www.themightymouth.org/resources>

Videos to watch at home: <https://www.deltadentalwa.com/blog/entry/2020/04/tooth-fairy-videos-for-childrens-oral-health-at-home>

# I BRUSHED MY TEETH!

NAME: \_\_\_\_\_

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information



# 10 Minutes for Teeth



**THEME:** Sealants



**TARGET:** For students to understand what dental sealants are and why they are important.



**TIME:** 10 min

*Grades 5-6*

**Lesson 6**

***Sealants***

## Preparation:

- Print or click Lesson 6 [discussion points, handouts, activity info and pictures].
- Have all activity materials ready to go for each student.
- Print Lesson 6 Toothbrush charts for handout to each student.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

*Discussion Points: 5 minutes*

## What are Sealants?

- Sealants are a plastic type of material that works as a shield to protect teeth from getting cavities.
- Sealants are put on your back teeth where you chew most of your food. Show picture [\[L6-1\]](#).
- They help to keep the bacteria that cause cavities out of the grooves in your back teeth.
- A dentist, dental hygienist, or dental assistant paints the sealants on your teeth then uses a special blue light to dry the paint.
- Your school may even have a dental sealant team that will come and put them on your teeth at school.
- This process is very quick, easy, and does not hurt. [\[sealant procedure\]](#)

**Video 1: 2 Minutes** [Dental Sealants video](#)

**Video 2: 2 minutes** [Dental Sealant Program Video](#) Explain before video that this is in Arizona but, sealant programs are in many areas and may be in their school.

**Handout:** [Lesson 6 Brushing chart](#)

\*Review Brushing: 2 times per day, 2 minutes each- in circles around all sides of the teeth. You will want to reinforce this each lesson.

[Click to Access Supplemental Materials](#)

**Visual: L6-1**



# 10 Minutes for Teeth

Lesson 6 Grades 5 & 6

Sealants



What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

## What my child learned today

### What are Sealants?

- Sealants are a plastic type material that works as a shield to protect teeth from getting cavities.
- Sealants are put on your back teeth where you chew most of your food
- They help to keep the bacteria that cause cavities out of the grooves in your back teeth.
- A dentist, dental hygienist, or dental assistant paints the sealants on your teeth then uses a special blue light to dry the paint.
- Your school may even have a dental sealant team that will come and put them on your teeth at school for low or no cost. Check with your child's school to see if they have a sealant program.
- It is very quick, easy, and does not hurt.



If in Washington State please contact [www.toothsaversofwashington.com](http://www.toothsaversofwashington.com) to see if your child's school has a sealant program.

\*A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month, they will receive a reward.

### Family Resources

\*For help finding a dentist in your area please visit: [www.dentistlink.org](http://www.dentistlink.org)

























































\*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit [www.hca.wa.gov](http://www.hca.wa.gov)

\*More information & resources on children's oral health: [www.cdc.gov/oralhealth](http://www.cdc.gov/oralhealth)



# I BRUSHED MY TEETH!

NAME: \_\_\_\_\_

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information





# 10 Minutes for Teeth



**THEME:** Oral Hygiene Tools



**TARGET:** Students will review how to properly care for their teeth.



**TIME:** 10 min

**Grades 5-6**

**Lesson 7**

**Oral Hygiene Tools**

## Preparation:

- Print or click Lesson 7 [discussion points, handouts, activity info and pictures]
- Have all activity materials ready to go for each student.
- Print Lesson 7 Toothbrush charts for handout to each student.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

## *Discussion Points: 7 minutes*

**We will discuss a few of the most popular tools to take care of your teeth.**

- **Manual toothbrush** [[L7-1](#)] *this is a traditional toothbrush.*
  - There are many different types (hard, medium, and soft) but, a soft bristle toothbrush is best.
  - Some will have a tongue cleaner on the back to brush your tongue.
  - Try to get the right size for your age. (youth or teen size probably best for your ages)
  - You should throw out this type of toothbrush and get a new one every 3 months or if you have been sick.
- **Spin Brush** - [[L7-2](#)] This is a battery -operated toothbrush that can remove more plaque than a manual when used for two full minutes.
  - *This toothbrush, or at least the bristle top, needs to be replaced every 3 months or after you are sick as well.*
- **Electric Toothbrush** - [[L7-3](#)] This is a rechargeable/plug in toothbrush. Some even have Bluetooth technology. These are the most recommended toothbrushes by dentists and hygienists but, they are more expensive. They have two- minute timers built in and do most of the brushing work for you. You just place the bristles on your teeth and let the brush do the work.
- **Floss** [[L7-4](#)] - Floss is used and recommended at least once per day to clean between the teeth where your toothbrush cannot reach.
- **Flossers** [[L7-5](#)] - These are an alternative to regular string floss. They do not angle as well as regular floss but, work well for people who have trouble using the string floss.
- **Waterflosser** [[L7-6](#)] - These devices spray high powered water to clean between teeth. They are great, especially for braces but, do not replace actual flossing.

**Video 1: 2 Minutes** [Dental Hygiene Video](#)

**Handout:** [Lesson 7 Brushing chart](#)

\*Review Brushing: 2 times per day, 2 minutes each - in circles around all sides of the teeth. You will want to reinforce this each lesson.

[Click to Access Supplemental Activities](#)

Visual: L7-1



Visual: L7-2



Visual: L7-3



**Visual: L7-4**



**Visual: L7-5**



**Visual: L7-6**



# 10 Minutes for Teeth

## Lesson 7 Grades 5 & 6

### Oral Hygiene Tools



What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

### What my child learned today

- **Manual toothbrush** this is a traditional toothbrush
  - There are many different types (hard, medium, and soft) but, a soft bristle toothbrush is best.
  - Some will have a tongue cleaner on the back to brush your tongue.
  - Try to get the right size for your age (youth or teen size probably best for your ages)
  - You will throw out this type of toothbrush and get a new one every 3 months or if you have been sick.
- **Spin Brush** - This a battery-operated toothbrush that can remove more plaque than a manual when used for the full two minutes recommended.
  - This toothbrush, or at least the bristle top, needs to be replaced every 3 months or after you are sick as well.
- **Electric Toothbrush** - This is a rechargeable/plug in toothbrush. Some even have Bluetooth technology. These are the most recommended toothbrushes by dentists and hygienists but, they are more expensive. They have two-minute timers built in and do most of the brushing work for you. You just place the bristles on the teeth and let the brush do the work.
- **Floss** - Floss is used and recommended at least once per day to clean between the teeth where your toothbrush cannot reach.
- **Flossers** These are an alternative to regular string floss. They do not angle as well as regular floss but, work well for people who have trouble using the string floss.
- **Waterflosser** - these devices spray high powered water to clean between teeth. They are great, especially for braces but, do not replace actual flossing.

\*A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month, they will receive a reward.

#### Family Resources

If in Washington State please contact [www.toothsaversofwashington.com](http://www.toothsaversofwashington.com) to see if your child's school has a low or no cost school based oral health program.

\*For help finding a dentist in your area please visit: [www.dentistlink.org](http://www.dentistlink.org)

























































\*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit [www.hca.wa.gov](http://www.hca.wa.gov)

[www.cdc.gov/oralhealth](http://www.cdc.gov/oralhealth)



# I BRUSHED MY TEETH!

NAME: \_\_\_\_\_

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information





# 10 Minutes for Teeth



Grades 5-6

Lesson 8

## Tobacco & Vaping Dangers



THEME: Tobacco & Vaping Dangers



TARGET: Students will review how to properly care for their teeth.



TIME: 10 min

### Preparation:

- Print or click Lesson 8 [discussion points, handouts, and pictures]
- Have Video cued up.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

**\*WARNING:** This section contains sensitive material and graphic pictures. Please be sure you review prior to presenting to be sure it is suitable for your classroom.\*

#### Discussion Points: 4 minutes:

Cigarettes, vaping devices, or E-cigs, and chewing tobacco are all dangerous products that can harm you. Advertisers who want to sell their products will try to make them look cool but, they are NOT. They are dangerous and even deadly. See picture [\[L8-1\]](#).

All of these products contain addictive toxic chemicals that cause serious problems to your health and mouth such as;

- Difficulty breathing: making it hard to play sports and do other activities. [\[L8-2\]](#)
- High risk for getting cancer or other diseases-in your mouth or lungs [\[L8-3\]](#)
- More likely to get gum disease and cavities which can lead to early tooth loss [\[L8-4\]](#)
- Stained teeth and bad breath [\[L8-5\]](#)
- Some vaping devices have even blown up, causing serious harm to the face [\[L8-6\]](#)
- Cigarettes and vaping have also been linked to memory loss, trouble concentrating, mood swings, and brain damage as well. [\[L8-7\]](#)

Some say that vaping is just water vapor and that it is safer than smoking. This is NOT true. You are breathing in chemicals, which is not natural and will cause harm to your lungs, brain, mouth, and body just like cigarettes.

**Video: 6 minutes** [The Cost of Smoking, Vaping, and Dipping](#)

**Handout** [Lesson 8 Brushing chart](#)

\*Review Brushing: 2 times per day, 2 minutes each- in circles around all sides of the teeth. You will want to reinforce this each lesson.

[Click to Access Supplemental Materials](#)

**Visual: L8-1**



**Visual: L8-2**



**Visual: L8-3**



**Visual: L8-4**



**Visual: L8-5**



**Visual: L8-6**



**Visual: L8-7**



# 10 Minutes for Teeth

Lesson 8 Grades 5 & 6

Tobacco & Vaping Dangers



What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

## **What my child learned today**

*Cigarettes, vaping devices or E-cigs, and chewing tobacco are all dangerous products that can harm you. Advertisers who want to sell their products will try to make them look cool but, they are NOT. They are dangerous and even deadly.*

***All of these products contain addictive toxic chemicals that cause serious problems to your health and mouth such as;***

- *Difficulty breathing: making it hard to play sports and do other activities.*
- *High risk for getting cancer and other diseases in the mouth or lungs*
- *More likely to get gum disease and cavities which can lead to early tooth loss*
- *Stained teeth and bad breath*
- *Some vaping devices have even blown up, causing serious harm to the face*
- *Cigarettes and vaping have also been linked to memory loss, trouble concentrating, mood swings, and brain damage as well.*
- *Chewing tobacco or dipping-high risk for oral cancer*

***Some say that vaping is just water vapor and that it is safer than smoking. This is NOT true. You are inhaling chemicals, which is not natural and will cause harm to your lungs, brain, mouth, and body just like cigarettes.***

A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month, they will receive a reward.

## Family Resources

If in Washington State please contact [www.toothsaversofwashington.com](http://www.toothsaversofwashington.com) to see if your child's school has a low or no cost school based oral health program.

\*For help finding a dentist in your area please visit: [www.dentistlink.org](http://www.dentistlink.org)

\*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit [www.hca.wa.gov](http://www.hca.wa.gov)

























































Centers for Disease Control Information: [www.cdc.gov/oralhealth](http://www.cdc.gov/oralhealth)

Oral health Resources: <https://www.themightymouth.org/resources>



# I BRUSHED MY TEETH!

NAME: \_\_\_\_\_

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information



# 10 Minutes for Teeth



Grades 5-6

Lesson 9

***What We Have Learned?***



**THEME:** What have we learned?



**TARGET:** For students to demonstrate after a short review what they have learned from this curriculum.



**TIME:** 10 min

## Preparation:

- Print or click Lesson 9 [discussion points, handouts, and pictures]
- Have a new toothbrush or kit ready to give to each student (see below for donation sources)
- Have rewards prepared for completed brushing charts.

***Let us review what we have learned about teeth this year! 5 minutes***

- **Review:**
  - How Long do we brush for? [let students respond] 2 minutes
  - How many times per day? [let students respond] 2 times
  - We floss at least once per day, up and down in between all of our teeth. Show picture [\[L9-1\]](#)
  - Bacteria and acid cause cavities. [\[L9-2\]](#)
  - Fluoride is a natural mineral that makes our teeth stronger and protects them from cavities.
  - Making good food and drink choices for our bodies and teeth is so important. It is especially important to avoid soda and energy drinks.
  - Sealants are like shields painted on our back teeth that help keep cavity germs out [\[L9-3\]](#)
    - Sealants are easy and do not hurt. They can be put on our teeth at the dentist or at school.
  - Tobacco products (cigarettes, vaping, chewing tobacco) are not cool! They are toxic and can be deadly. Chemicals and poisons in tobacco products affect our bodies, brains, as well as our mouths and teeth.

## Activity: 5 minutes

- Handout and in class activity: [Rock Your Smile Word Search](#)
- Handout Toothbrushes / Oral Health Kits

Sources for oral health aid donation opportunities:

Colgate: <https://www.colgatepalmolive.com/en-us/core-values/our-policies/donation-policy>

Oral B: <https://oralb.com/en-us/contact-us/>

G.U.M./Sunstar: <https://www.gumbrand.com/contacts>

Plak Smackers: <https://www.plaksmacker.com/contactus>

Crest: <https://crest.com/en-us/contact-us>

\*Many local dental offices donate supplies when asked. Contact your local pediatric dental offices.

**Visual: L9-1**



**Visual: L9-2**



**Visual: L9-3**



# Resource Pages

## Lesson Videos

- **Lesson 1a:** Brushing Your Teeth: [Watch Video](#)
- **Lesson 1b:** Flossing Your Teeth: [Watch Video](#)
- **Lesson 2:** Cavities & Bacteria: [Watch Video](#)
- **Lesson 4:** Dangers of Soda on Teeth: [Watch Video](#)
- **Lesson 5a:** Filling Procedure: [Watch Video](#)
- **Lesson 5b:** Braces Time Lapse: [Watch Video](#)
- **Lesson 6a:** Sealant Video: [Watch Video](#)
- **Lesson 6b:** School-Based Sealant Program: [Watch Video](#)
- **Lesson 7:** Dental Hygiene: [Watch Video](#)
- **Lesson 8:** Dangers of Tobacco: [Watch Video](#)

## Supplemental Materials

### Videos

- What Causes Cavities? | 5 min: [Watch Video](#)
- Why Do We Brush Our Teeth? | 4 min: [Watch Video](#)
- How to Brush Teeth Properly | 3 min: [Watch Video](#)
- Visiting the Dentist | 4 min: [Watch Video](#)
- Child Nutrition | 6 min: [Watch Video](#)
- Brushing and Flossing with Braces | 4 min: [Watch Video](#)
- What Would Happen if You Didn't Drink Water? | 5 min: [Watch Video](#)
- What Would Happen if You Stopped Brushing Your Teeth? | 3 min: [Watch Video](#)

### Sealant Videos

- Dental Sealants Overview | 1 min: [Watch Video](#)
- "Seal in a Smile" Dental Sealants | 4 min: [Watch Video](#)
- "Seal out Tooth Decay" School-Based Dental Sealants | 4 min: [Watch Video](#)
- Dental Sealants for 6<sup>th</sup> Grade | 2 min: [Watch Video](#)

### Activities and Handouts

- Kool Smiles Kids Club Activity Sheets: [View and Share](#)
- Choose Tap Water Activity Sheets: View and Share: [View and Share](#)
- Colgate “Bright Smiles, Bright Futures” Toolkit: [View Resources](#)
- The Mighty Mouth Toolkit: [View Resources](#)
- American Dental Association Mouth Healthy Presentations and Resources: [View Resources](#)
- American Dental Association Children’s Dental Health Toolkit: [View Resources](#)

Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of [ADA.org](http://ADA.org), to search for a State or Local Dental Organization nearest you: [Find Speakers](#)

### Fluoride Resources

- Campaign for Dental Health Learn & Share: [View Resources](#)
- A Mom’s Guide to Fluoride: [View Resources](#)

## Special Needs Materials

### Videos

- Autism and Brushing Teeth: [Watch Video](#)
- Step-by-Step Brushing Basics for Child with Autism: [Watch Video](#)
- Helping Child with Autism be Comfortable at Dentist: [Watch Video](#)

### Additional Caregiver Resources

- Toolkit for Brushing Teeth for Child with Autism: [Visit Webpage](#)
- Autism & Oral Fixation Information: [Visit Webpage](#)