

# 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:

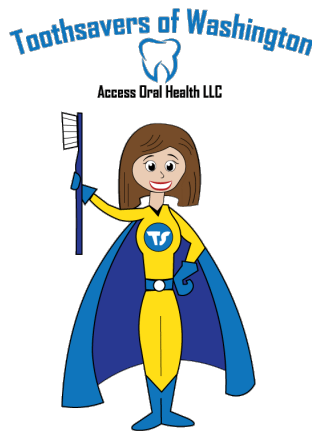
- **Lesson Plans:** Nine 10-minute lesson units (one for each school month) including subject matter and materials relative to classroom grade level.
- **Activities:** A classroom/student activity, such as a hands-on activity or related video.
- **Handouts:** A printable handout or monthly brushing chart 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 K-2 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 “Resource Pages.” 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



Kindergarten-2<sup>nd</sup> Grade

Lesson 1

***Teeth are Important!***



**THEME:** What teeth are for and how we take care of them.



**TARGET:** Students will learn why teeth are important & how to properly care for their teeth at home.



**TIME:** 10 min

## ***Preparation:***

- Print Lesson [discussion points & pictures linked below]

## **Discussion Points: 5 minutes**

- ***What do we use our teeth for?*** [allow kids to share their ideas first.]
  - Eating, chewing, talking, smiling, singing
  - Why are these things important for us to be able to do? [Have kids answer by raise of hand.]
- ***How can we take care of our teeth?*** [Let kids offer ideas briefly]
  - Brush teeth, floss teeth, go to the dentist, choose healthy foods & drinks, do not eat too much sugar or candy.
- ***More on how to care for teeth.*** [use this picture [L1-1](#) as visual to point ]
  - We should brush our teeth two times per day, morning and night for two minutes each time
    - You can listen to your favorite song or have a grown-up set a timer for you.
  - We should floss our teeth when we have 2 teeth touching (usually age 6)
  - We should go to the dentist office for checkups and teeth cleaning 2 times per year
  - Healthy foods and drinks for teeth are milk, water, cheese, apples, meats, and carrots.
  - Foods and drinks that can hurt our teeth are soda, candy, crackers, raisins, and cookies.

## **Activity ( 3 minutes)**

Video: [Tooth Brushing Song by Blippi](#)

**Handout:** [Lesson 1 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.

\*The chart will look mostly the same for each month & grade level but, will have different information on the reverse side based on the monthly topic discussed in class as well as dental resources for families.

[Click to Access Supplemental Materials](#)

# DENTAL HEALTH

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**BRUSH**



**EAT LESS  
CANDY**



**FLOSS**



**VISIT THE  
DENTIST  
REGULARLY**

# 10 Minutes for Teeth



Lesson 1 Grades K-2

## **What my child learned today**

- **Teeth have many important jobs such as:**
  - Eating
  - Smiling
  - Talking
  - Singing
- **What can we do to take care of our teeth?**
  - Brush at least 2 times per day for 2 minutes morning and night
  - Go to the dentist at least 2 times per year for checkups and cleaning.
  - Eat & drink healthy
    - apples, cheese, carrots, milk, water
  - Limit unhealthy food and drinks
    - Soda, candy, crackers, cookies
- **The Toothbrushing Song by Blippi**  
(have kids listen while brushing for 2 minutes)

Link to song: <https://youtu.be/Ku-ForS6G3I>

**\*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>

























































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.



# 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: Cavities



TARGET: For students to learn what cavities are and how to prevent them.



TIME: 10 min

Kindergarten-2<sup>nd</sup> Grade

Lesson 2

**CAVITIES**

## Preparation:

- Print Lesson [discussion points & pictures linked below]
- Have all activity materials ready to go for each student
- Print lesson 2 [Toothbrush Charts](#) for handout to each student
- Have rewards prepared for completed brushing charts to handout after class along with the new charts

## Discussion Points: 5 minutes

- What is a cavity? [Show cavities picture [L2-1](#)] you may click link or print out.  
A hole in a tooth that can hurt and grow bigger and bigger.
- What causes cavities? [show sugar bug picture [L2-2](#)] you may click link or print out.  
Sugar bugs! They are germs that live in our mouth. They like to eat the sugar and food left on our teeth. If we do not brush them off of our teeth in the morning & night then they can give us cavities.
- What if I get a cavity?  
You need to go to the tooth doctor (dentist) to fix the cavity on your tooth. Cavities grow bigger and bigger if we do not get them fixed right away.

## Activity: 5 minutes

### How a Cavity Grows

Materials needed for each student:

- Small dixie cup with small amount of water
- Cavity picture [L2-3](#) to handout.
- Washable Black marker
- Small paintbrush

**Instructions:** Have students draw a cavity (a black circle) on the tooth. Then dip the paintbrush in the water and have them drop it on the cavity. Watch how the cavity grows and spreads. Explain that this is what happens if a cavity is not fixed in time.

**Handout:** [Lesson 2 Brushing chart](#)- [explain how it works if you have not]

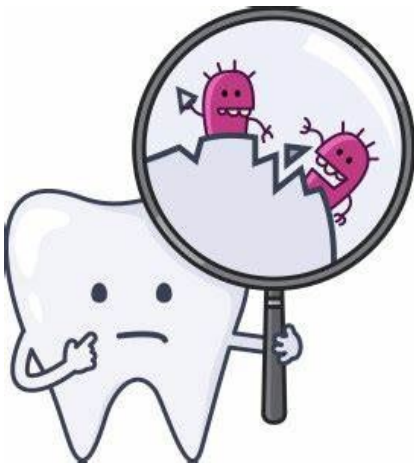
*Review Brushing: 2 times per day, 2 minutes each- in circles around all sides of the teeth. You will want to reinforce this when handing out brushing charts every month.*

[Click to Access Supplemental Materials](#)

Visual: L2-1



Visual: L2-2



Visual: L2-3



# 10 Minutes for Teeth

Lesson 2 Grades K-2



## What my child learned today?

### What is a cavity?

***A hole in the tooth caused by sugar bugs attacking it.***

### What causes cavities?

***Sugar bugs! They are germs that live in our mouth. They like to eat the sugar and food left on our teeth. If we do not brush them off of our teeth in the morning & night then they can give us cavities.***

### What if I get a cavity?

***You should go to the tooth doctor (dentist) They can fix the cavity on your tooth. Cavities grow bigger and bigger if we do not go to the dentist to get them fixed.***

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.
- Watch your child brush and floss to be sure they are doing it properly for 2 minutes each time.
- Take your child for regular dental visits at least twice per year.

**\*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								
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SUNDAY								

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# 10 Minutes for Teeth



THEME: Wiggly Teeth



**TARGET:** For students to understand why they lose baby teeth and prepare them to get their permanent teeth.



**TIME:** 10 min

Kindergarten-2<sup>nd</sup> Grade

Lesson 3

**WIGGLY TEETH**

## Preparation:

- Print Lesson 3 [discussion points & pictures linked below]
- Print Lesson 3 [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

1. How many of you have had wiggly teeth or lost teeth? [Have kids raise their hands.]
    - This is normal and nothing to be afraid of!
  2. Why do we lose teeth?
    - We were all born without teeth, but we will have 20 teeth by the time we are 3 or 4 years old.
    - Grown up teeth would not fit in babies' a small mouth would they?
      - Our baby teeth start to wiggle out as we grow to make room for our new grown-up teeth when we are 5 or 6 years old.
      - By the time we are 12 or 13 we have all of our grown-up teeth.
- [Show [L3-1](#) Picture]
- We only get one set of grown up teeth so we need to be sure and take good care of them!  
[Show [L3-2](#) Picture of healthy grown up teeth]

## **Activity: 4 minutes**

Video: [Baby Teeth by SciShowKids](#)

**Handout:** [Lesson 3 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 when handing out brushing charts every month.*

[Click to Access Supplemental Materials](#)



**Visual: L3-1**



**Visual: L3-2**





# 10 Minutes for Teeth



Lesson 3 Grades K-2

*What my child learned today:*

*Why our teeth wiggle out.*

- *Wiggly teeth are normal when you are a kid and it's nothing to be afraid of!*
- *Babies are not born with teeth but, we will have 20 teeth by the time we are 3 or 4 years old.*
- *Our baby teeth start to wiggle out as we grow to make room for our new grown-up teeth at about age 5 or 6.*
- *We only get one set of grown up teeth so we need to be sure and take good care of them!*

**\*A monthly brushing chart was sent home with your child and will be every month. 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

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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.
- Watch your child brush and floss to be sure they are doing it properly for 2 minutes each time.
- Take your child for regular dental visits at least twice per year.

# I BRUSHED MY TEETH!

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

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
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SUNDAY								

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# 10 Minutes for Teeth



THEME: Plaque Attack



TARGET: Students will understand what plaque (sugar bugs) are and how they affect teeth.



TIME: 10 minutes

Kindergarten-2<sup>nd</sup> Grade

Lesson 4

**Plaque Attack**

## Preparation:

- Print or Click Lesson 4 [discussion points, video, handouts, activities & pictures]
- Have plaque baggies ready to go [instructions & materials listed below]
- Lesson 4 [Toothbrush Charts](#) printed for handout to each student
- Have rewards prepared for completed brushing charts to handout after class with new charts

## Discussion Points: 6 minutes

### What is plaque?

- It's a sticky film made up of germs that grows on our teeth.
- Remember hearing about the sugar bugs before? Plaque is made of waste left behind by the sugar bugs.
- If we leave food on our teeth and do not brush it off, plaque will form and attack our teeth.  
[pass out plaque baggies] Be sure to tell students not to open baggies or you will have a mess.

### What happens if plaque stays on our teeth?

- We can get cavities, holes in our teeth.
- Plaque makes our teeth look and feel sticky & dirty. [Show L4-1 [picture](#)]
- Plaque is stinky so it gives you bad breath.
- The pink skin above our teeth is called our gums. Plaque not only makes our teeth sick, it makes our gums sick too. [show same picture]

Video: 2 minutes [Germs in your mouth](#)

**Plaque baggies:** Pass around plaque baggies during discussion.

- 4 quart size freezer or storage bags
- 2 sticks or 2 cups of Crisco (butter flavor to be yellow tint)
- 4 tablespoons coffee grounds

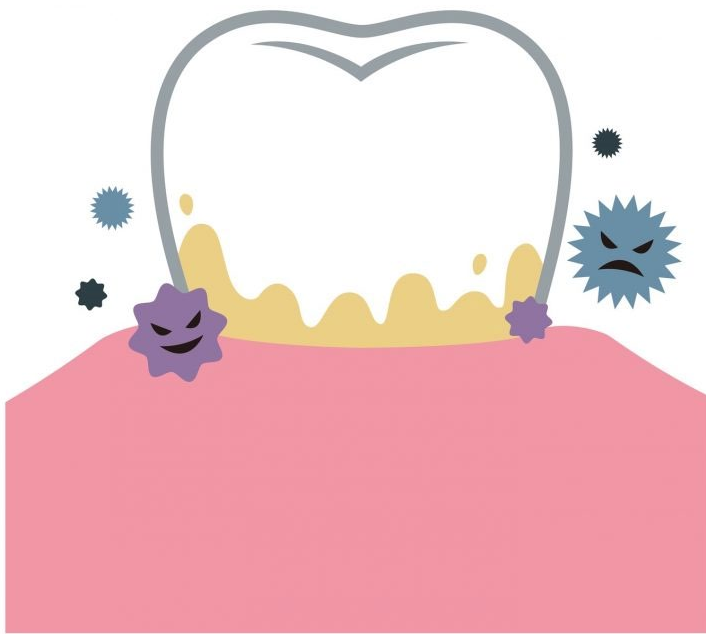
Mix ½ cup or stick Crisco, 1 tbsp coffee ground in each baggie.

**Handout:** [Lesson 4 Brushing chart](#)- [remind students to turn in when complete for a reward]

*\*Review Brushing: 2 times per day, 2 minutes each, round & round & up & down on all sides of the teeth. You will want to reinforce this when handing out brushing charts every month.*

[Click to Access Supplemental Materials](#)

## Visual: L4-1



# 10 Minutes for Teeth

## Lesson 4 Grades K-2



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

#### **1. Sugar Bugs on our teeth can cause a plaque attack!**

*Plaque is a sticky film left on the teeth by sugar bugs (germs or bacteria). It causes cavities if left on teeth for too long.*

#### **2. What can we do to stop the plaque attack?**

- a. Brushing teeth for 2 minutes, at least 2 times per day
- b. Flossing once per day (starting when two teeth touch, usually age 6)
- c. Visit the dentist for check-ups and dental cleanings 2 times per year
- d. Make healthy food & drink choices [water, milk, cheese, vegetables, fruits, meats]
- e. Staying away from unhealthy food & drink [like soda, juice, candy, cookies, crackers]

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.
- Watch your child brush and floss to be sure they are doing it properly for 2 minutes each time.
- Take your child for regular dental visits at least twice per year.

We watched the Video: [Germs in Your Mouth](https://youtu.be/vOcrP-3dRBE) <https://youtu.be/vOcrP-3dRBE>

**\*A monthly brushing chart was sent home with your child and will be every month. 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

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Colgate "Meet the Tooth Defenders" cartoon video:

[https://youtu.be/mxvDny\\_OwE0](https://youtu.be/mxvDny_OwE0)



# I BRUSHED MY TEETH!

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

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# 10 Minutes for Teeth



**THEME:** Going to the Dentist



**TARGET:** To alleviate students fear about going to the dentist and what to expect during a dentist visit.



**TIME:** 10 minutes

Kindergarten-2<sup>nd</sup> Grade

Lesson 5

***Going to the Dentist***

## ***Preparation:***

- Print Lesson 5 [discussion points linked below]
- Have video cued up [link below]
- Lesson 5 [Toothbrush Charts](#) printed for handout to each student
- Have rewards prepared for completed brushing charts to handout after class with new charts

## **Discussion Points: 5 minutes**

- **Who is a dentist?**

A dentist is a friendly doctor who takes care of teeth and mouths. He or she will have a team of friendly helpers there too.

- **What happens when you go to the dentist for a checkup?**

- Dentists helpers will get you seated in a comfy chair
  - They will be wearing a mask and gloves to keep you safe from germs
- They may take pictures of your teeth called x-rays
- The dentist will look at your teeth to make sure they are strong and healthy and that you are doing a good job brushing off the sugar bugs.
- You may get a tooth cleaning by a helper to get all the plaque and sugar bugs off. Your teeth will feel smooth and clean!
- Tasty tooth vitamins called fluoride will be brushed on to make teeth stronger.
- You may even get to pick a prize when you are all done! Dentist checkups are fun, and you should visit the dentist at least two times per year!

## ***Activity: 5 minutes***

Video: [Visit the Dentist](#)

**Handout:** [Lesson 5 Brushing chart](#)- [remind students to turn in when complete for a reward]

*\*Review Brushing: 2 times per day, 2 minutes each- in circles around all sides of the teeth. You will want to reinforce this when handing out brushing charts every month.*

[Click to Access Supplemental Materials](#)

# 10 Minutes for Teeth

Lesson 5 Grades K-2



***What my child learned today:***

## **Who is a dentist?**

*A dentist is a friendly doctor who takes care of teeth and mouths. He or she will have a team of friendly helpers there too.*

## **What happens when you go to the dentist for a checkup?**

- *The dentist and his or her helpers will look at your child's teeth, may take pictures called x-rays, clean the teeth, and put vitamins called fluoride to make teeth stronger. They may even get a prize!*

*We watched the video: [Visit the Dentist](#) by SciShow Kids.*

**\*A monthly brushing chart was sent home with your child and will be every month. 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.**

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Colgate "Meet the Tooth Defenders" cartoon video:

























































[https://youtu.be/mxvDny\\_OwE0](https://youtu.be/mxvDny_OwE0)

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

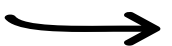
- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits-drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Watch your child brush and floss to be sure they are doing it properly for 2 minutes each time.
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# I BRUSHED MY TEETH!

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# 10 Minutes for Teeth



Kindergarten-2<sup>nd</sup> Grade

Lesson 6

***Sealants***



**THEME:** Sealants



**TARGET:** For students to learn what dental sealants are and to alleviate fear about getting them.



**TIME:** 10 min

## ***Preparation:***

- Print Lesson 6 [discussion points and pictures linked below]
- Have all activity sheets printed & coloring 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: 3 minutes**

### **What are Sealants?**

- Sealants are a special shield that protects your tooth from getting cavities. They are like a superhero shield protecting your tooth! [Show Picture [L6-1](#)]
- Sealants are put on your back teeth where you chew most of your food
- They work like shields to keep the sugar bugs out
- A dentist or dental helper paints the sealants on your tooth with a special paintbrush, then uses a special blue light to dry the paint.
- Dental helpers may even come right to your school to put your sealants on.
- It is very easy and does not hurt one bit.

## ***Activity: 5 minutes*** [Make Your Tooth A Superhero](#)

*Have students color their tooth to make them superheroes, just like a tooth with a sealant on it.*

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

Handout: [Lesson 6 Brushing chart](#)

[Click to Access Supplemental Materials](#)

**Visual: L6-1**



**Visual: Make Your Tooth a Superhero**





# 10 Minutes for Teeth

Lesson 6 Grades K-2



***What my child learned today:***

## **What are Sealants?**

- Sealants are a special shield that protects back teeth from getting cavities. They are like a superhero shield protecting the tooth! (Kids colored a superhero tooth)
- A dentist or dental helper paints the sealants on your tooth with a special paintbrush, then uses a special blue light to dry the paint.
- Dental helpers may even come right to your school to put your sealants on.

***\*\*Check with your child's school to see if they have a school based sealant program! Many programs are free and covered by Medicaid or insurance.***

***If you are in WA state. Please visit [www.toothsaversofwashington.com](http://www.toothsaversofwashington.com) for more information .***

***Here is a short, helpful video for Parents/guardians about school-based sealant programs. <https://youtu.be/3QhB6Fv6lZA>***

***\*A monthly brushing chart was sent home with your child and will be every month. 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>***

***Colgate "Meet the Tooth Defenders" cartoon video: [https://youtu.be/mxvDny\\_OwEO](https://youtu.be/mxvDny_OwEO)***

























































**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.
- Watch your child brush and floss to be sure they are doing it properly for 2 minutes each time.
- Take your child for regular dental visits at least twice per year.



# 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



Kindergarten-2<sup>nd</sup> Grade

Lesson 7

**Nutrition for Healthy Teeth**



**THEME:** Nutrition for Healthy Teeth



**TARGET:** Students will learn what foods are healthy and unhealthy for their teeth



**TIME:** 10 min

## **Preparation:**

- Print or click Lesson 7 [discussion points, handouts, and pictures below]
- Have Video cued up [below]
- Have cutouts and board ready for activity [ below]
- Have rewards prepared for completed brushing charts to handout after class with new charts

## **Discussion Points: 1 minute**

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 [L7-1](#)]

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

**What foods & drinks do you think are bad for our teeth?** [show picture [L7-2](#) as visual to point ]

- Soda, 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)

**Video: 6 minutes** [Nutrition & Oral Hygiene](#)

**Activity: 3 minutes**

[Happy Tooth vs Sad Tooth](#)

Supplies: Shape cutouts [below], one or two large pieces of felt, stapler or glue.

## **Instructions**

- Cut out Happy and Sad tooth and all food shapes.
- Cut out a piece of felt to glue or staple onto foam poster board.
- Cut a piece of felt into a rectangle for each of your Happy Tooth & Sad Tooth and food shapes.
- Glue each shape onto a felt rectangle.

Set up the felt poster board where everyone can see and have your cutouts nearby. Instruct students to raise their hand and wait to be called on to guess if the food you hold up is good for your teeth or bad. Put good foods on Happy Tooth and bad foods on Sad Tooth.

**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 Materials](#)

Visual: L7-1



Visual: L7-2





# 10 Minutes for Teeth

Lesson 7 Grades K-2



***What my child learned today:***

**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?**

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

## **What foods & drinks do you think are bad for our teeth?**

- *Soda, 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)*

*\*We watched the video Nutrition & Oral Hygiene access online at <https://youtu.be/THZuMjWxi7Y>*

**\*A monthly brushing chart was sent home with your child and will be every month. 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**

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

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.
- Watch your child brush and floss to be sure they are doing it properly for 2 minutes each time.
- Take your child for regular dental visits at least twice per year.

# I BRUSHED MY TEETH!

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

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# 10 Minutes for Teeth



Kindergarten-2<sup>nd</sup> Grade

Lesson 8

**Water Your Teeth**



**THEME:** Water Your Teeth



**TARGET:** For students to understand that water is not only health for their bodies but, for their teeth too.



**TIME:** 10 min

## **Preparation:**

- Print or click Lesson 8 [discussion points, handouts, and pictures]
- Have a small cup or bottle of water for each student to drink
- Have rewards prepared for completed brushing charts to handout after class with new charts

## **Discussion Points: 5 minutes**

- **Water is important for so many things in life:**

We need water to drink, wash hands, take baths, clean our clothes and many other things. Our bodies need water every day to live and be healthy. Water helps keep our teeth healthy too! Some water even has fluoride in it which is a natural mineral. Fluoride makes our teeth stronger.

We should drink water when we are thirsty, not soda, juice or sugary drinks. Sugary drinks cause cavities. Water is healthiest for our teeth and our whole body too. [Show picture [L8-1](#)]

- **Water washes food & germs away and helps wash teeth –**

If you swish with water after every time you eat you can wash food and germs away that cause cavities. After lunch at school find a water fountain so you can swish. You can either swallow the water or spit it out in the sink. Have you ever swished water before? Let try. (go to activity)

## **Activity: 2 minutes**

### **Swishing Water**

**Supplies:** Dixie cup of water or a small bottle of water for you and each student.

**Instructions:** Show students how to take a small amount of water in their mouth and how to swish back and forth. Instruct them to keep their mouths closed and puff their cheeks up like a blowfish to swish the water for a count of 5 and then swallow.

**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 when handing out brushing charts every month.*

[Click to Access Supplemental Materials](#)



Visual: L8-1



# 10 Minutes for Teeth

Lesson 8 Grades K-2



*What my child learned today:*

**Our bodies need water and so do our teeth!**

- **Water is important for so many things in life:**

*We need water to drink, wash, take baths, and lots of other things. Our bodies need water every day to live and be healthy. Water helps keep our teeth healthy too!*

*We should drink water when we are thirsty, not soda, juice or sugary drinks. Water is best for our bodies and our teeth.*

- **Water washes food & germs away and helps wash teeth -**

*If you swish with water after every time you eat you can wash food and germs away that could cause cavities. After lunch at school you can find a water fountain so you can swish.*

*We practiced swishing water in class too!*

**\*A monthly brushing chart was sent home with your child and will be every month. 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

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

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# I BRUSHED MY TEETH!

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# 10 Minutes for Teeth



Kindergarten-2<sup>nd</sup> Grade

Lesson 9

*What Have We 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!*

- We learned: why teeth are important and how we take care of them.
  - How long do we brush our teeth for? [let students respond] 2 minutes
  - How many times per day? [let students respond] 2 times
  - How do we brush our teeth? [raise of hands for answers] round and round, up and down on all sides of our teeth.
- We learned about:
  - Our teeth wiggle & fall out to make room for our grown-up teeth. [L9-1 picture]
  - Sugar bugs and plaque attacks can cause cavities in our teeth if we do not brush them off every day! [L9-2 picture]
  - Making good food and drink choices for our bodies and teeth [L9-3 picture]
  - Water is good for bodies and teeth [L9-4 picture]. Swishing food out after eating can wash food and sugar bugs away.
  - Dentists are nice & fun! [L9-5 picture]
  - Sealants make our teeth as strong as a superhero! [L9-6 picture]
    - *Sealants are easy and do not hurt. They can be put on our teeth at the dentist or at school.*

## Activity: 5 minutes

- Handout and in class activity: [Connect the dots Tooth](#)
- 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





Visual: L9-4



Visual: L9-5



Visual: L9-6



# Resource Pages

## Lesson Videos

- **Lesson 1:** Toothbrush Song by Blippi: [Watch Video](#)
- **Lesson 3:** Bay Teeth by SciShow Kids: [Watch Video](#)
- **Lesson 4:** Germs in Your Mouth: [Watch Video](#)
- **Lesson 5:** Visiting the Dentist: [Watch Video](#)
- **Lesson 6:** Sealants: [Watch Video](#)
- **Lesson 7:** Nutrition & Oral Hygiene: [Watch Video](#)

## Supplemental Materials

### Videos

- Learn How to Take Care of Your Teeth | 1 min: [Watch Video](#)
- What is Plaque? | 1 min: [Watch Video](#)
- Why is Too Much Sugar Bad for You? | 2 min: [Watch Video](#)
- Colgate “Invisible Nasties” Dental Hygiene | 2 min: [Watch Video](#)
- Colgate “Tooth Defenders” Cartoon Episode | 16 min: [Watch Video](#)
- [ASL Interpreted] Captain Encouragement: How to Brush Your Teeth | 3 min: [Watch Video](#)
- [Spanish Language] Toothbrushing Song | 3 min: [Watch Video](#)

### Books

- *The Tooth Book* by Dr. Seuss: [Order Book](#)
- *The Berenstain Bears Visit the Dentist* by Stan and Jan Berenstain: [Order Book](#)

### Activities and Handouts

- Dental Health Words Printout: [View and Share](#)
- Healthy Teeth Nutrition Clip Cards: [View and Share](#)
- Teeth Brushing Coloring Pages: [View and Share](#)
- Colgate “Bright Smiles, Bright Futures” Toolkit: [View Resources](#)
- The Mighty Mouth Toolkit: [View Resources](#)
- American Dental Association Children’s Dental Health Toolkit: [View Resources](#)
- [Purchase] KidsSoup Low-Cost Kindergarten and Preschool Healthy Teeth Lessons: [Purchase Membership](#)

## 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](#)