

Activity: C2C Teeth Brushing**Focus:** Essential Employability Skills, Social/Emotional Learning**Grade Range:** K - 2nd**Time:** 30-40 minutes**INSTRUCTIONS**

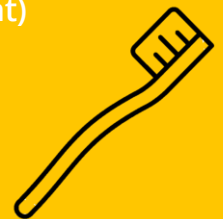
1. Begin by showing the students the book *Why Do I Need To Brush My Teeth?* Take a few students' answers to this question before you start the book. After a few responses, read the book aloud to the students. *Note: if teacher approves, you can move the students to a "group" setting (carpet, reading space).
2. With the teacher's assistance, split students into small groups (4-5 each), preferably at tables. Mentors should sit with each group (at least 1 mentor per group). Each mentor will need 1 dry erase marker for their group.
3. Give each student 1 laminated tooth and 1 toothbrush.
4. Instruct students to take the dry erase marker and color all over their laminated tooth (mentors should model this for the students on a tooth as well). *Note: one at a time, give students about 10-15 seconds before giving the marker to the next student.
5. Explain to students that when we don't brush our teeth, they can get really dirty and covered in old food and bacteria. They could look like the teeth the students just colored. At this point, ask student's what they think they could use to help clean their teeth.
6. Instruct the students to get their toothbrushes and try using them on their laminated teeth. Ask the students their observations about what happens when they use their toothbrush on the teeth.
7. When their teeth are clean, have a discussion with students about the importance of brushing their real teeth each day. When they brush their teeth, they help their teeth stay clean and healthy!
8. At this point, mentors may choose to stay in small groups or return to a large group discussion.
9. End the activity by sharing with the students that the author of the book is a dental hygienist! [Explain to students that this is someone who cleans people's teeth as their job] Ask the students if they have been to the dentist, and if so, what it was like. This would be a great conversation to have while enjoying snack together (if your team has chosen to provide a snack at this visit).
10. As you finish, share with students that they may keep their toothbrushes to take home!

**SYNOPSIS**

Students will explore aspects of Self-Management by discussing the importance of personal hygiene. In this activity, students will engage in a simulation of brushing their teeth using laminated teeth and toothbrushes.

MATERIALS

- Book: *Why Do I Need To Brush My Teeth?*
- C2C Laminated Teeth
- Dry erase markers (1 per small group)
- Toothbrushes (1 per student)

**TIPS**

- Remind students not to put the toothbrushes in their mouths during the activity.
- Instruct students to rinse off/clean their toothbrushes before they use them at home.