

Theme: Dental Hygiene

Gross Motor (Indoor & Outdoor):

- ❖ **Bean Bag Toss:** Toss bean bags into a giant tooth shape cut out of foam core board. (Holes in the tooth could be cavities from not brushing properly!)
- ❖ **Dental Relay Race:** Cut “teeth” from foam core board and have a relay race where children try to keep the “tooth” on a large spoon as they run.
- ❖ **Musical Chairs:** Cut out a tooth shape to put on the hot seat.
- ❖ **Hot Potato:** Make a tooth-shaped beanbag to toss around like hot potato.

Science Activities:

Study the development of teeth; display charts and graphs you can print off from the internet. A few good websites are:

http://eduref.org/Virtual/Lessons/Health/Body_Systems_and_Senses/BSS0007.html

<http://health.allrefer.com/pictures-images/development-of-permanent-teeth.html>

http://www.kidshealth.org/kid/health_problems/teeth/cavity.html

Let children smear food products on small white ceramic tiles, then brush them clean with real toothbrushes and toothpaste. Which tiles are stained?

Put a hardboiled egg in some dark soda; let it sit overnight then examine it the next day. It is discolored, yellow, etc. Brush it with toothpaste to clean it!

Math Activities:

- ❖ **How many teeth?** How many teeth do you have? Make a bar graph to show how many teeth....
- ❖ **Matching** – Make cards with small teeth shapes on them and cards with numbers to match.
- ❖ **How many letters** in the words “dentist”, “hygienist”, “tooth”, “toothbrush”?
- ❖ **Count** little paper teeth and sort them by 5's or 10's into muffin tins.
- ❖ **Graph** favorite toothpaste flavors!

Small Motor/Manipulatives:

All of the art activities and most of the math activities count as small motor activities. You can use any of your regular manipulatives this week.

Snacks:

No sweets this week! Talk about the importance of eating healthy snacks! Make veggie sticks and ranch dip, trying a different vegetable each day. Serve fresh fruit, milk, string cheese. Drink lots of water. Have the children brush their teeth after snacks and meals. Cut apples in long thin slices to resemble a smile. Spread peanut butter on one side for the gums and put mini marshmallows for teeth onto the peanut butter. Serve with sliced cheese.

Special Visual Aids/Room Set-Up/Field Trips:

Cut out tooth shapes to use as seat markers

Dramatic Play:

- ❖ Dentist costumes – old white shirts for lab coats, headbands made in art activity
- ❖ Dolls – children can pretend to be parents taking their children to the dentist for a check-up and cleaning
- ❖ Pretend to be a dentist and fix the teeth of your stuffed animals.
- ❖ Add plastic fruits and veggies to the kitchen area. Children can pretend to cook and serve good foods.

Songs & Fingerplays: <http://www.preschooleducation.com/sdental.shtml>

Books:

Franklin and the Tooth Fairy by Paulette Bourgeois

Dentist by Jacqueline Laks Gorman

Show Me Your Smile! A Visit to the Dentist (Dora) by Christine Ricci

Just Going to the Dentist by Mercer Mayer

Behold, No Cavities! A Visit to the Dentist (Spongebob) by Sarah Willson

What to Expect When You Go to the Dentist by Heidi Murkoff

Going to the Dentist by Anne Civardi

A Trip to the Dentist by Penny Smith

Elmo Visits the Dentist by Dalmatian Press

My Dentist, My Friend by P. K. Hallinan

Open Wide: Tooth School Inside by Laurie Keller

Doctor De Soto by William Steig

Dentist by Rebecca Hunter

Fluffy Meets the Tooth Fairy by Kate McMullan

Andrew's Loose Tooth by Robert N. Munsch

The Night Before the Tooth Fairy
by Natasha Wing

My Wobbly Tooth Must Not Ever
Never Fall Out by Lauren Child

Sweet Tooth by Margie Palatini

Tooth Fairy by Audrey Wood

Dear Tooth Fairy by Alan Durant

Loose Tooth by Anastasia Suen

You Think It's Easy Being the Tooth
Fairy? by Sheri Bell-Rehwooldt

Loose Tooth by Lola M. Schaefer

Little Rabbit's Loose Tooth by Lucy
Bate

Art:

- Cut out “teeth” from white paper. Hang them around the room.
- Paint tooth cutouts with toothbrushes dipped in paint!
- Spatter paint over a tooth-shaped stencil.
- Collage – cut out pictures of healthy foods to make a collage. You could also do a junk food collage. If you use poster paper, the children can work as a group on the collages and display the posters in the room.
- Make headbands and attach circles covered in foil for the dentist’s “light”. These can be used in the dramatic play area.
- Paper plate mouth: On a small pink paper plate, let children glue small marshmallows around the edge. When the glue dries, fold each plate in half to make a “mouth”.
- Cut a large tooth out of yellow paper for each child. Let them “brush” the tooth clean by painting it with white paint.

Circle Time Activities:

- Have a dental hygienist come visit your classroom to talk about proper tooth brushing. He/she can bring the giant set of “teeth” and giant toothbrush from the dentist office to demonstrate—and maybe even bring free toothbrushes to give to the children???
- Talk about visiting the dentist and what to expect
- Read books about going to the dentist.
- Feely-box: Put plastic fruits and veggies in a feely box or large bag and let children feel of them and try to guess what they are.
- Make a large spin-the-wheel game and ask questions about which foods are better for your teeth—show two pictures of foods and let children choose between fruit/veggie or sweets each time.
- Explain how this week is Dental Hygiene Week (in February). Write a letter to mail to the dentist offices in your area. If you’re in a big city, give the notes to the parents to mail to their dentist’s office.
- Discuss animals that have teeth and those that do not. Make a list and graph the results.