

# More Ideas for Teacher Activities

## ★ Apple Slice and Marshmallow Experiment

**Materials:**

Apple Slice, Marshmallow, Plastic Knife

**Directions:**

Have instructor use the plastic knife to cut through the apple slice. Once the instructor has cut through the apple they can then show the children that there was nothing that stuck to the knife. Then the instructor will cut through the marshmallow. Children will be able to see that there is a lot that sticks to the knife with the marshmallow. The purpose of the activity is to use the knife as the tooth and the show that apple does not stick to your teeth like the marshmallow. From there it could then facilitate a discussion around healthy eating and oral health and decay.

## ★ Foods that lead to Oral Decay

**Materials:**

Newspaper/Magazines

**Directions:**

Have children cut out pictures of foods that lead to oral decay and paste them to chart paper. Class can then discuss what those foods do to your teeth

## ★ Dentist Discussion

**Directions:**

Ask the children if they have ever been to the dentist. This is a great time for the children to learn about dental care habits from each other. Give each child a turn to share their stories. Ask questions about their visits: What did they like? Not like? Etc.

## ★ Dental Health Office

**Directions:**

Create a dentist's office in your dramatic play area: Have a chair, dentist tools (plastic play set), hand mirrors, folders with papers that have pictures of teeth.

## ★ Brushing Chart

Encourage children to brush their teeth by printing and sending home a chart. There are many brushing charts online.

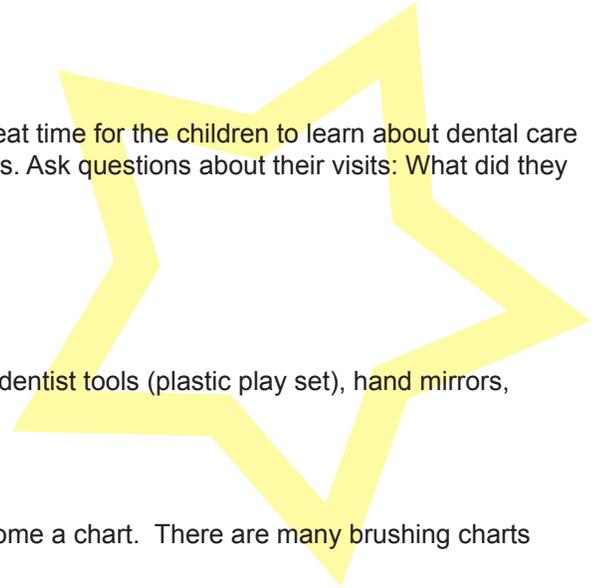
## ★ How Many Teeth?

**Materials:**

Hand Mirrors, Paper, Crayon, Marker

**Directions:**

Have a paper with each child's name on it (or, encourage them to write their own names). Have number cards. Encourage them to write the number of teeth they have on top on their paper. Post on a chart of How Many Teeth in your classroom.



## ★ I'm a Tube of Toothpaste!

### Directions:

For this movement activity, ask the children what they think it would be like to be a tube of toothpaste? A toothbrush? Floss? Have these items to show them and let them hold them. Then, act them out!

*Example:* A tube of toothpaste! OK, you're in the tube...way at the bottom! Now, you're being squished, up, up, up and POOF out of the tube!

## ★ How to Brush

### Materials:

Shaving Cream, Plastic Mouth Models, Toothbrushes

### Directions:

Show children how to brush in the front, back and in between "teeth". Use the shaving cream as toothpaste and add peppermint extract to make it smell like toothpaste!

## ★ Egg Experiment

### Materials:

White egg (cracked, emptied and washed out with soap...keep both halves of the shell), Soda (Coca-Cola works best), 2 Clear Jars, Toothbrush, Toothpaste

### Directions:

- ★ Discuss the importance of tooth brushing. Give each child a hand mirror and ask what they see when they look at their teeth. Write down what they say. Ask them why we brush our teeth and again, write down what they say.
- ★ Tell them that cavities are caused by not brushing the sugar and food off of our teeth and that soda has a lot of sugar in it.
- ★ Place one egg shell in one jar and the other in another jar.
- ★ Add Cola to one jar...pour in enough to cover the egg shell. Tell the children this is like someone's tooth. They are drinking soda.
- ★ Add water to the other...pour in enough to cover the egg shell.
- ★ Let sit for the day. Ask the children what they think will happen. You can record their answers to this as well.
- ★ After the day, check on the egg shells.
- ★ Take the egg out of the water and ask them what happened. Record their answers.
- ★ Take the egg out of the cola, ask them what happened. Record their answers.
- ★ Now, take the toothbrush and toothpaste and gently brush the egg shell (careful-it is very fragile now!) and ask the kids what happened when you brushed the pretend tooth?
- ★ Record their answers!

*These activities have been adapted from the Early Head Start and Head Start Programs. For more information please click <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/Oral%20Health/Oral%20Health%20Program%20Staff/OralHealthEduca.htm>*

## ★ Dino Teeth (Picture of Dino Below)

**Materials:**

Dino or stuffed animal with teeth

**Directions:**

Have children take turns using the big tooth brush to brush the Dino's teeth. This activity can also be used with the big mouth.

