

# **Lesson Plan: "Super Smiles: Keeping Your Teeth Healthy and Happy!"**

**Age Group:** 5 years and up

**Duration:** 30-45 minutes

---

## **Objective:**

Students will learn the importance of dental hygiene, including brushing, flossing, healthy eating, and regular dental checkups. They will understand how these habits help maintain strong teeth and a bright smile.

---

## **Materials Needed:**

- Video Tutorial by DiscoverlifeSkills.com: "Super Smiles: Keeping Your Teeth Healthy and Happy!"
  - Toothbrush and toothpaste (real or toy)
  - Dental floss
  - Pictures of healthy and unhealthy foods
  - Chart paper or whiteboard
  - Markers
  - Toothbrush and flossing practice sheets
  - Small prizes or stickers (optional)
- 

## **Introduction (5-10 minutes):**

### **1. Greeting & Discussion:**

- Start with: "Today, we're going to learn how to keep our teeth super strong and our smiles bright!"

### **2. Introduce the Key Topics:**

- Explain that we'll talk about brushing, flossing, eating healthy foods, and visiting the dentist.
-

## **Main Activity (20-30 minutes):**

### *1. Watch the Video (5-7 minutes):*

- Play the video tutorial "Super Smiles: Keeping Your Teeth Healthy and Happy."
- Encourage students to listen carefully to the tips on dental care.

### *2. Discussion and Activities (15-20 minutes):*

- **Brushing Power:**
  - Discuss the importance of brushing teeth twice a day with fluoride toothpaste for 2 minutes.
  - **Activity:** Practice brushing technique using a toy toothbrush and large model teeth or simply show proper brushing technique on a chart.
- **Flossing Fun:**
  - Explain how flossing helps clean between teeth and remove food particles.
  - **Activity:** Demonstrate flossing technique using a piece of string or floss practice sheets. Allow students to practice with guidance.
- **Healthy Eating:**
  - Talk about foods that are good for teeth (fruits, veggies, dairy) and foods to limit (sugary snacks and drinks).
  - **Activity:** Create a "Healthy Foods" and "Foods to Limit" chart. Have students place pictures or draw their favorite foods on the chart.
- **Dental Checkups:**
  - Explain why visiting the dentist is important for regular checkups and cleanings.
  - **Activity:** Discuss what happens during a dental visit and create a simple chart of the steps (e.g., checkup, cleaning, brushing).

### *3. Interactive Activity:*

- **Dental Care Routine Chart:**

- Create a daily dental care routine chart with pictures or drawings of brushing, flossing, and healthy foods.
  - **Toothbrush and Flossing Practice:**
    - Have students practice brushing and flossing on their own or with partners using practice sheets or toys.
- 

## **Conclusion (5-10 minutes):**

1. **Recap the Key Points:**
    - Review the importance of brushing, flossing, eating healthy, and regular dental checkups.
  2. **Q&A:**
    - Invite students to ask questions about dental care. Answer in a way that is easy to understand.
  3. **Commitment to Dental Health:**
    - Encourage students to make a dental care plan. Ask them to share one thing they will do to take care of their teeth.
  4. **Prizes or Stickers:**
    - Hand out small prizes or stickers for participation and good dental care habits.
- 

## **Extension Ideas:**

- **Dental Hygiene Journal:** Have students keep a simple journal or checklist of their brushing and flossing routine for a week.
  - **Visit from a Dentist:** Arrange for a local dentist to visit the classroom and talk about dental care.
- 

This lesson aims to make dental hygiene fun and engaging for young students, helping them build lifelong habits for maintaining healthy teeth and a bright smile.