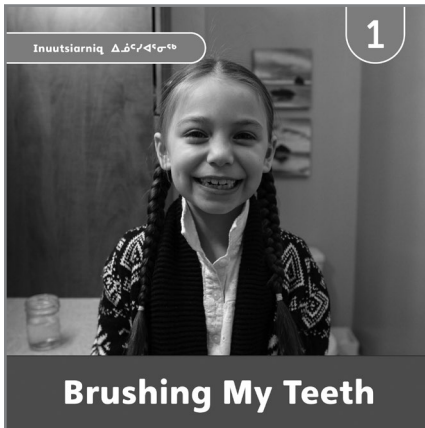

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INUUTSIARNIQ
EXTENSION ACTIVITIES



Level 1: Brushing My Teeth

- ⇒ Activity worksheet: Brushing My Teeth
- ⇒ Activity worksheet: Brushing My Teeth Teacher Copy
- ⇒ Activity worksheet: Brushing My Teeth Guide
- ⇒ Activity worksheet: My Brushing and Flossing Chart

ICON LEGEND



TEACHER SCRIPT



INDIVIDUAL ACTIVITY



IMPORTANT INFORMATION



CLASS DISCUSSION



PAIRS/SMALL GROUP ACTIVITY



LARGE OPEN SPACE

TEACHER SCRIPT TRANSLATIONS

Throughout these extension activities, you will find teacher scripts written in English to help you guide your lessons. The Inuktitut extension activity is available for download.



EXTENSION ACTIVITY

LEVEL 1

BOOK TITLE

Brushing My Teeth

LENGTH

2 lessons

(30–40 minutes each)

Essential Questions



What are the steps shown in the book for brushing your teeth? Why is it important to brush your teeth?

Lesson Overview



In this lesson, students discuss why it is important to brush your teeth and how to do so. After the teacher leads the class through two demonstrations on the why and how of teeth brushing, students will create their own how-to guides for brushing their teeth.

REQUIRED MATERIALS

- ☛ *Brushing My Teeth*
- ☛ Why brushing our teeth is important demonstration:
 - 2 uncracked hard-boiled eggs
 - 2 clear cups or jars
 - 1 cup vinegar
 - 1 cup cola
- ☛ How to brush our teeth demonstration:
 - Egg carton
 - Tissue paper
 - String
 - Toothbrush
- ☛ Activity worksheet: **Brushing My Teeth**
- ☛ Activity worksheet: **Brushing My Teeth Teacher Copy**
- ☛ Activity worksheet: **Brushing My Teeth Guide**
- ☛ Activity worksheet: **My Brushing and Flossing Chart**

LEARNING ACTIVITIES



Class discussion about why teeth brushing is important, with teacher-led demonstration.



Class discussion about the book, with teacher-led demonstration on how to brush your teeth.



Complete **Brushing My Teeth Guide** activity worksheet.

LEARNING CONNECTION

At the beginning of this lesson, the students talk about why we brush our teeth. Building on the foundation of why, the teacher will then use teacher-led demonstrations to help the students consider not only why it is important to brush your teeth, but how to do so. The students will then create their own guides on how to brush your teeth and be given a brushing chart to further reinforce the concepts. This builds on their understanding of the book *Brushing My Teeth*.

READING VOCABULARY

toothbrush, toothpaste, teeth, floss

PRE-LESSON PREPARATION

1. Gather materials for egg demonstration (see required materials section).
2. Gather materials for teeth brushing demonstration (see required materials section).
3. Photocopy one *Brushing My Teeth* activity worksheet for each student.
4. Photocopy one **Brushing My Teeth Teacher Copy** activity worksheet.
5. Photocopy one **Brushing My Teeth Guide** activity worksheet for each student.
6. Photocopy one **My Brushing and Flossing Chart** activity worksheet for each student.

LESSON PLAN: BRUSHING MY TEETH

Lesson 1 Plan: Why Brushing Our Teeth Is Important

1. Begin the lesson by having a class discussion about why brushing your teeth and flossing is important. Write students' ideas on the board. You can continue adding to this list if students come up with ideas later on in the lesson.
2. Explain to students that brushing and flossing their teeth protects them from possible harm from the food and drinks they put in their mouths. It also prevents plaque from building up—plaque is a thin, sticky layer of bacteria that is always forming on your teeth. When you eat foods or have drinks that have sugar in them, the bacteria in the plaque produces acid. This can really harm your teeth and lead to a cavity or tooth breakdown over time.
3. Next, ask students how often they should brush their teeth. After hearing student answers, let students know that it's important to brush and floss your teeth twice a day: when you wake up and before bed. Explain to students that you are going to do an experiment to see what happens to your teeth when you do not brush them:
 - a. Explain that the hard-boiled egg is going to represent a tooth.
 - b. Ask students to make predictions about what will happen to the “teeth” if they sit overnight in vinegar or cola. Explain that the vinegar and cola represent different kinds of foods that can stay on your teeth if you don't brush them. Record student predictions on the board or somewhere visible to students.
 - c. Place each uncracked hard-boiled egg in a clear cup or jar. Pour in enough vinegar to cover one egg, and enough cola to cover the other egg.
 - d. Let the eggs sit for 24 hours. Students will be able to observe them throughout the day until the next lesson.
 - e. Explain to the students that the following day, we will see what happens to our teeth when we don't brush.

LESSON PLAN: BRUSHING MY TEETH

Lesson 2 Plan: How to Brush Our Teeth

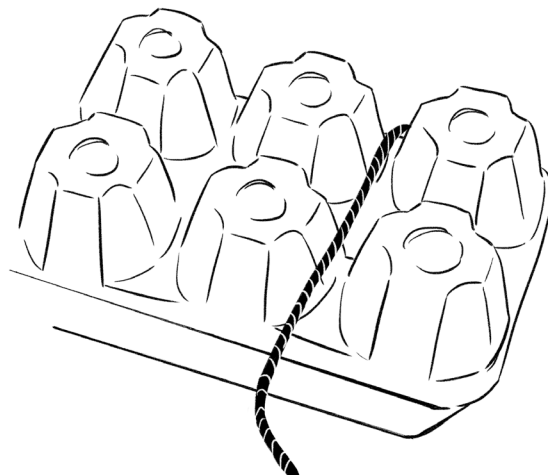
1. Begin this lesson by examining the egg experiment from the day before as a class:
 - a. The cola egg will show what happens if you don't brush—the shell will come off with a toothbrush. Cola contains sugar. If sugary food is left on teeth, it can cause the teeth to weaken and decay.
 - b. The vinegar egg will show what happens when you let food and drink build up in your mouth. The shell will be gone. Vinegar contains acid. If acidic food is left on teeth, it can cause the teeth to weaken and decay.

How does this match up with student predictions? Discuss this as a class.

Explain to students that when we do not take care of our teeth, our teeth start to break down and eventually we will lose them. We take care of our teeth by brushing and flossing. We need to have healthy teeth so that we can chew all kinds of food. Having healthy teeth also helps us speak properly, and keeps the rest of our mouth healthy.

2. Next, read the book *Brushing My Teeth* with the students. Since this is a Level 1 book, there are no words, only pictures. Have students describe what is happening on each page. Then tell the students it is important they brush their teeth twice a day.
3. Using an egg carton with tissue paper placed between the “teeth,” demonstrate to students how to brush your teeth using the egg carton as teeth and a regular toothbrush. Remind students that they should always use toothpaste to brush their teeth. This is because toothpaste contains something called fluoride. Fluoride helps make our teeth strong so that they won't decay. Once finished, the students should notice that the tissue paper hasn't moved. Using a piece of string (representing floss), demonstrate to the students how to floss by removing the piece of tissue paper between the “teeth.” Explain that flossing gets rid of the food and plaque between our teeth that toothbrushing cannot get to.

Picture example:



LESSON PLAN: BRUSHING MY TEETH

4. Give each student one **Brushing My Teeth** activity worksheet and one **Brushing My Teeth Guide** activity worksheet, scissors, and glue. Tell the students to cut out the steps to brushing our teeth and place them in order on the worksheet. Once everyone has had an opportunity to place their steps on their worksheet, place the steps in the correct order on the board using the **Brushing My Teeth Teacher Copy** activity worksheet. Have the students check their work and glue the steps in place. Encourage students to take their guides home to refer to. Depending on the age level and scissor skills of your students, you may need to help students with the cutting.

Optional: Depending on your students' interests and skills, you could also choose to assign different students a different step from the **Brushing My Teeth** activity worksheet and have them work together to arrange themselves in the right order. Once in the right order, have the students act out their respective step.

5. Hand out the **My Brushing and Flossing Chart** activity worksheet and encourage students to track their progress at home.

Optional: Invite a guest speaker from the Health Centre to host a class discussion about why it is important to brush your teeth. Have students prepare questions to ask ahead of time.

Need more Info?

Teachers looking for more info can visit www.nunavutsmiles.ca! You will find lots of useful information on oral health plus information on upcoming dental visits to your community. Also, under the "For Educators" tab, you will find more great resources:

- Tooth Brushing Program
- Dental Health Manual
- Educator's Teaching Teeth Guidebook

Be sure to check it out!

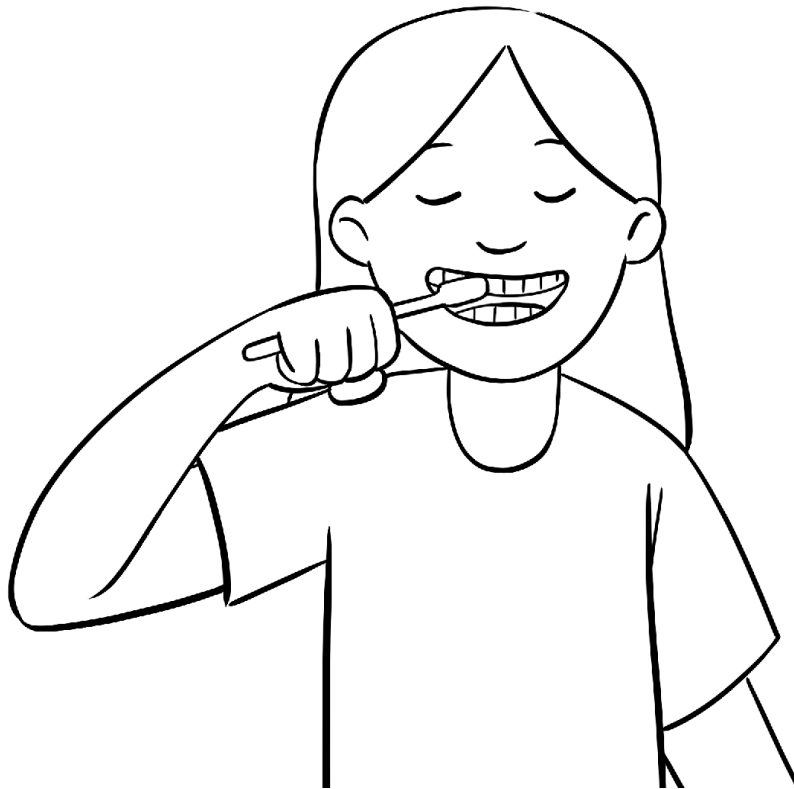
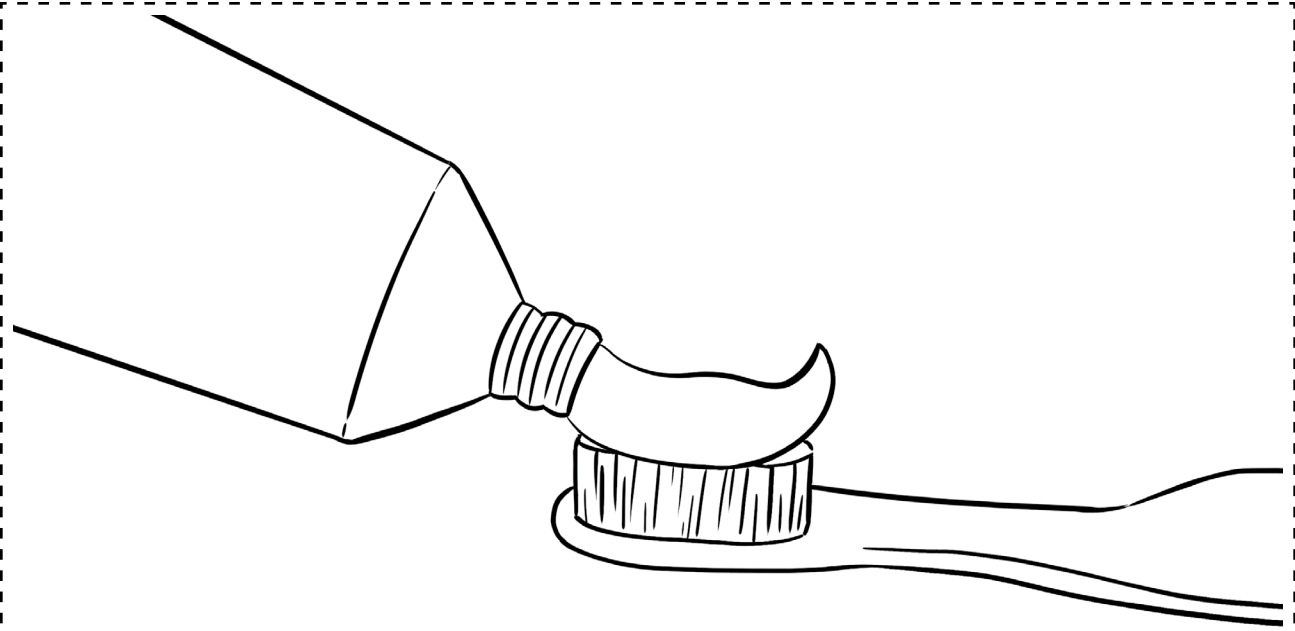
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Brushing My Teeth

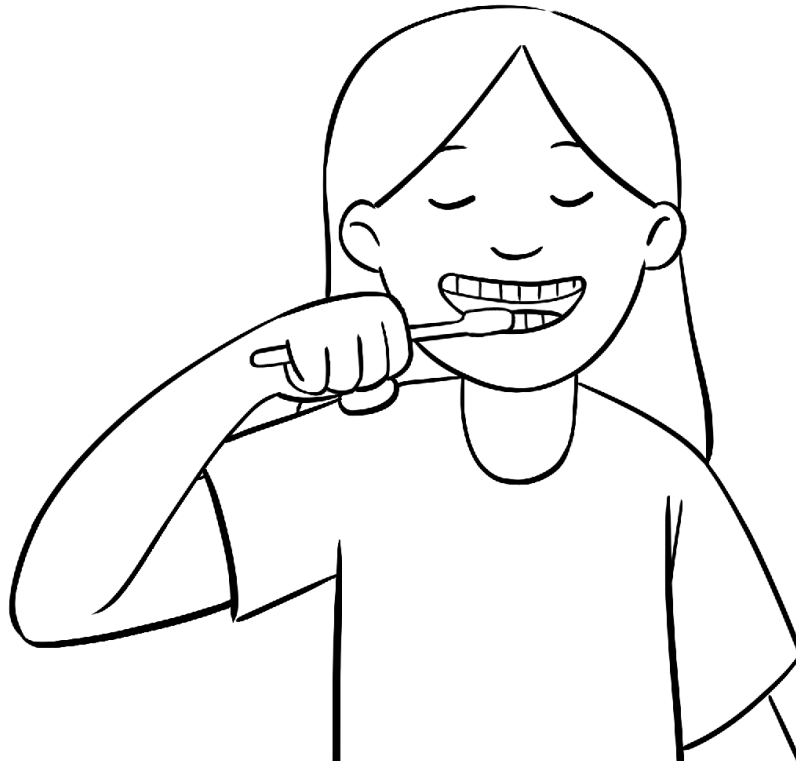
Cut out each picture.



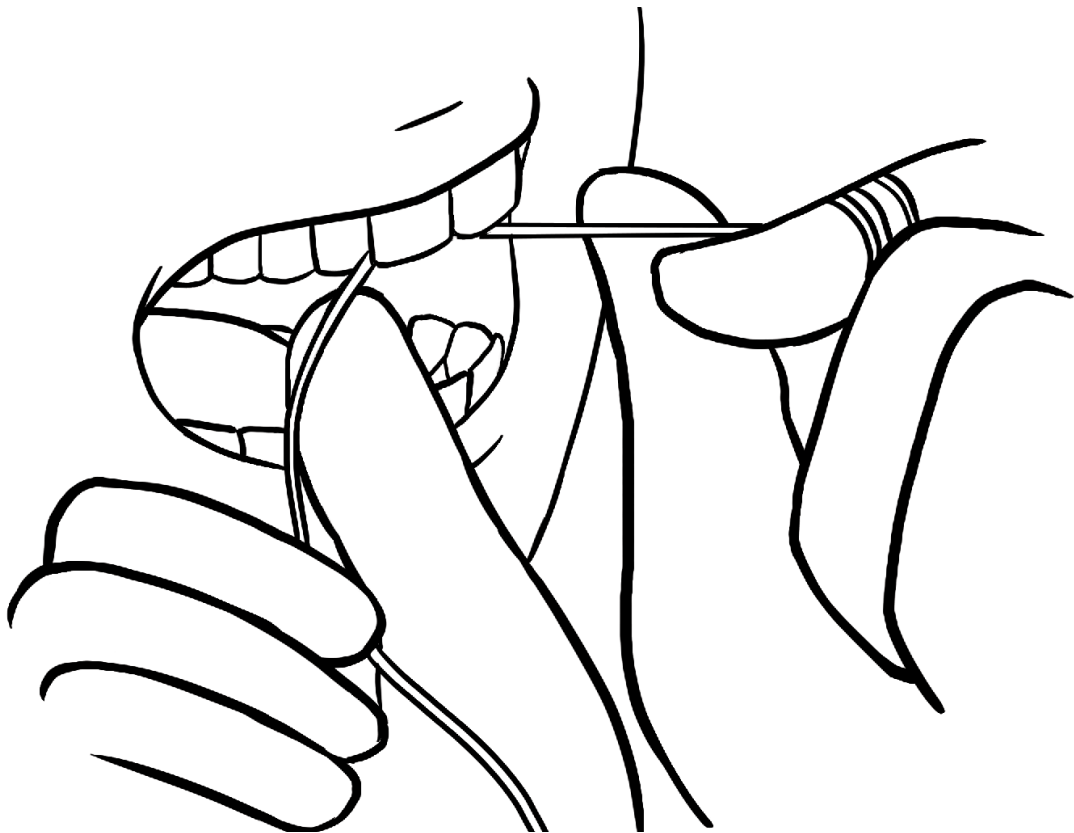
Brushing My Teeth Teacher Copy



Brushing My Teeth Teacher Copy



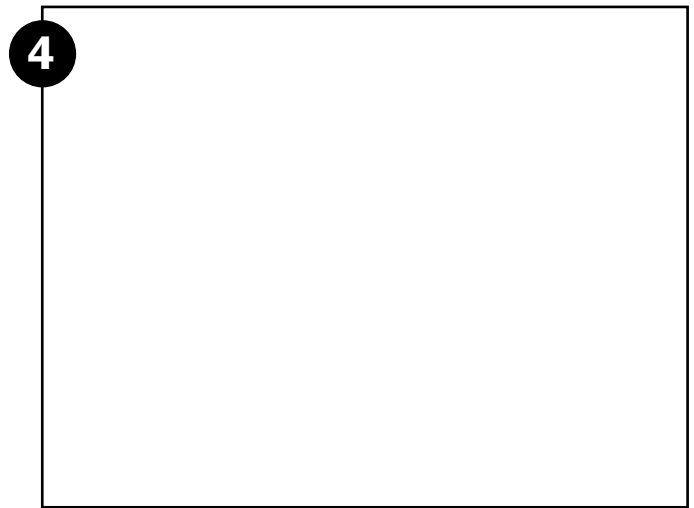
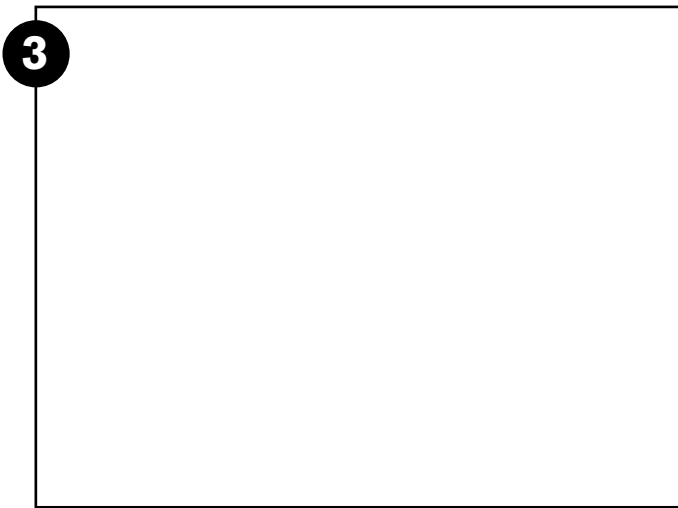
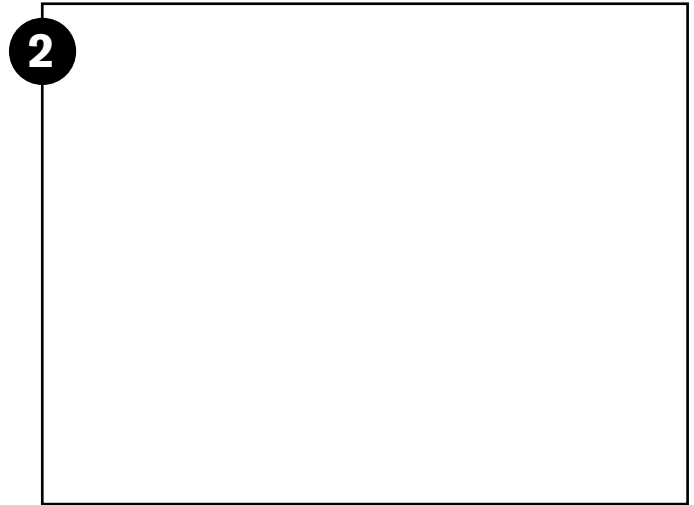
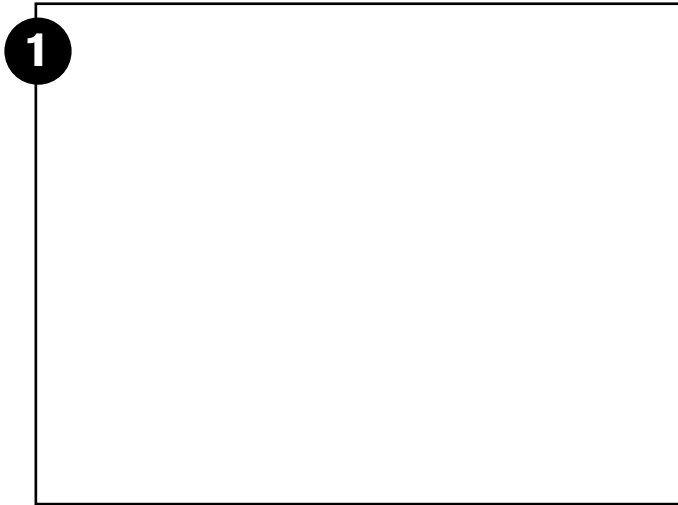
Brushing My Teeth Teacher Copy



Name: _____

Brushing My Teeth Guide






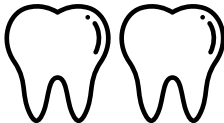
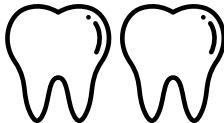
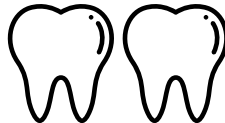
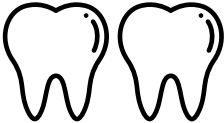
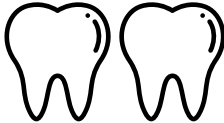
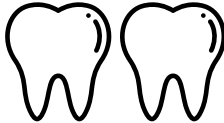
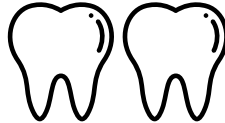
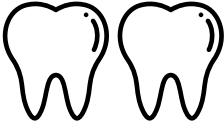
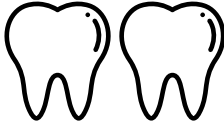
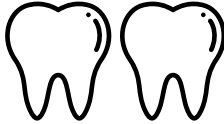
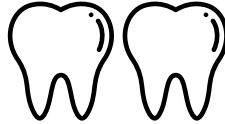
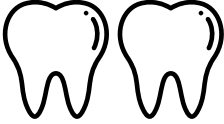
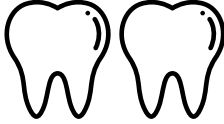
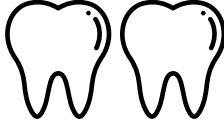
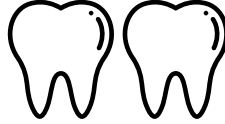












Glue the pictures in order next to each step.



Name: _____

My Brushing and Flossing Chart

Brush and floss your teeth in the morning and at night. Colour a tooth each time you brush and floss.

	Week 1	Week 2	Week 3	Week 4
				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

EXTENSION ACTIVITY

LEVEL 1

BOOK TITLE

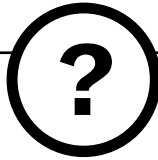
Brushing My Teeth

LENGTH

2 lessons

(30–40 minutes each)

Essential Questions



What are the steps shown in the book for brushing your teeth? Why is it important to brush your teeth?

Lesson Overview



In this lesson, students discuss why it is important to brush your teeth and how to do so. After the teacher leads the class through two demonstrations on the why and how of teeth brushing, students will create their own how-to guides for brushing their teeth.

REQUIRED MATERIALS

- ☛ *Brushing My Teeth*
- ☛ Why brushing our teeth is important demonstration:
 - 2 uncracked hard-boiled eggs
 - 2 clear cups or jars
 - 1 cup vinegar
 - 1 cup cola
- ☛ How to brush our teeth demonstration:
 - Egg carton
 - Tissue paper
 - String
 - Toothbrush
- ☛ Activity worksheet: **Brushing My Teeth**
- ☛ Activity worksheet: **Brushing My Teeth Teacher Copy**
- ☛ Activity worksheet: **Brushing My Teeth Guide**
- ☛ Activity worksheet: **My Brushing and Flossing Chart**

LEARNING ACTIVITIES



Class discussion about why teeth brushing is important, with teacher-led demonstration.



Class discussion about the book, with teacher-led demonstration on how to brush your teeth.



Complete **የጋራ ጥያቄ ለመሙላት** (Brushing My Teeth Guide) activity worksheet.

LEARNING CONNECTION

At the beginning of this lesson, the students talk about why we brush our teeth. Building on the foundation of why, the teacher will then use teacher-led demonstrations to help the students consider not only why it is important to brush your teeth, but how to do so. The students will then create their own guides on how to brush your teeth and be given a brushing chart to further reinforce the concepts. This builds on their understanding of the book *Brushing My Teeth*.

READING VOCABULARY

toothbrush, toothpaste, teeth, floss

PRE-LESSON PREPARATION

1. Gather materials for egg demonstration (see required materials section).
2. Gather materials for teeth brushing demonstration (see required materials section).
3. Photocopy one *Brushing My Teeth* activity worksheet for each student.
4. Photocopy one **Brushing My Teeth Teacher Copy** activity worksheet.
5. Photocopy one **Brushing My Teeth Guide** activity worksheet for each student.
6. Photocopy one **My Brushing and Flossing Chart** activity worksheet for each student.

LESSON PLAN: BRUSHING MY TEETH

Lesson 1 Plan: Why Brushing Our Teeth Is Important

1. Begin the lesson by having a class discussion about why brushing your teeth and flossing is important. Write students' ideas on the board. You can continue adding to this list if students come up with ideas later on in the lesson.
2. Explain to students that brushing and flossing their teeth protects them from possible harm from the food and drinks they put in their mouths. It also prevents plaque from building up—plaque is a thin, sticky layer of bacteria that is always forming on your teeth. When you eat foods or have drinks that have sugar in them, the bacteria in the plaque produces acid. This can really harm your teeth and lead to a cavity or tooth breakdown over time.
3. Next, ask students how often they should brush their teeth. After hearing student answers, let students know that it's important to brush and floss your teeth twice a day: when you wake up and before bed. Explain to students that you are going to do an experiment to see what happens to your teeth when you do not brush them:
 - a. Explain that the hard-boiled egg is going to represent a tooth.
 - b. Ask students to make predictions about what will happen to the “teeth” if they sit overnight in vinegar or cola. Explain that the vinegar and cola represent different kinds of foods that can stay on your teeth if you don't brush them. Record student predictions on the board or somewhere visible to students.
 - c. Place each uncracked hard-boiled egg in a clear cup or jar. Pour in enough vinegar to cover one egg, and enough cola to cover the other egg.
 - d. Let the eggs sit for 24 hours. Students will be able to observe them throughout the day until the next lesson.
 - e. Explain to the students that the following day, we will see what happens to our teeth when we don't brush.

LESSON PLAN: BRUSHING MY TEETH

Lesson 2 Plan: How to Brush Our Teeth

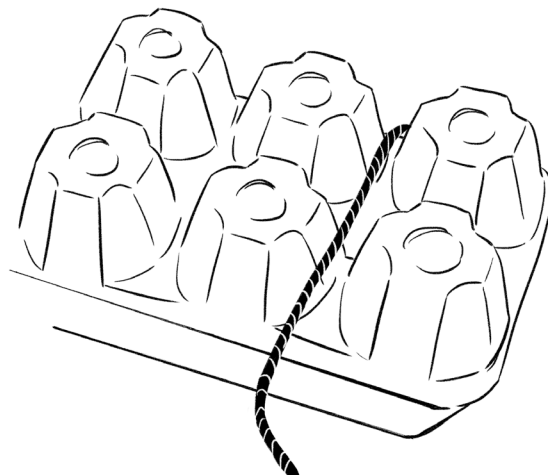
1. Begin this lesson by examining the egg experiment from the day before as a class:
 - a. The cola egg will show what happens if you don't brush—the shell will come off with a toothbrush. Cola contains sugar. If sugary food is left on teeth, it can cause the teeth to weaken and decay.
 - b. The vinegar egg will show what happens when you let food and drink build up in your mouth. The shell will be gone. Vinegar contains acid. If acidic food is left on teeth, it can cause the teeth to weaken and decay.

How does this match up with student predictions? Discuss this as a class.

Explain to students that when we do not take care of our teeth, our teeth start to break down and eventually we will lose them. We take care of our teeth by brushing and flossing. We need to have healthy teeth so that we can chew all kinds of food. Having healthy teeth also helps us speak properly, and keeps the rest of our mouth healthy.

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3. Using an egg carton with tissue paper placed between the “teeth,” demonstrate to students how to brush your teeth using the egg carton as teeth and a regular toothbrush. Remind students that they should always use toothpaste to brush their teeth. This is because toothpaste contains something called fluoride. Fluoride helps make our teeth strong so that they won't decay. Once finished, the students should notice that the tissue paper hasn't moved. Using a piece of string (representing floss), demonstrate to the students how to floss by removing the piece of tissue paper between the “teeth.” Explain that flossing gets rid of the food and plaque between our teeth that toothbrushing cannot get to.

Picture example:



LESSON PLAN: BRUSHING MY TEETH

4. Give each student one **Brushing My Teeth** activity worksheet and one **Brushing My Teeth Guide** activity worksheet, scissors, and glue. Tell the students to cut out the steps to brushing our teeth and place them in order on the worksheet. Once everyone has had an opportunity to place their steps on their worksheet, place the steps in the correct order on the board using the **Brushing My Teeth Teacher Copy** activity worksheet. Have the students check their work and glue the steps in place. Encourage students to take their guides home to refer to. Depending on the age level and scissor skills of your students, you may need to help students with the cutting.

Optional: Depending on your students' interests and skills, you could also choose to assign different students a different step from the **Brushing My Teeth** activity worksheet and have them work together to arrange themselves in the right order. Once in the right order, have the students act out their respective step.

5. Hand out the **My Brushing and Flossing Chart** activity worksheet and encourage students to track their progress at home.

Optional: Invite a guest speaker from the Health Centre to host a class discussion about why it is important to brush your teeth. Have students prepare questions to ask ahead of time.

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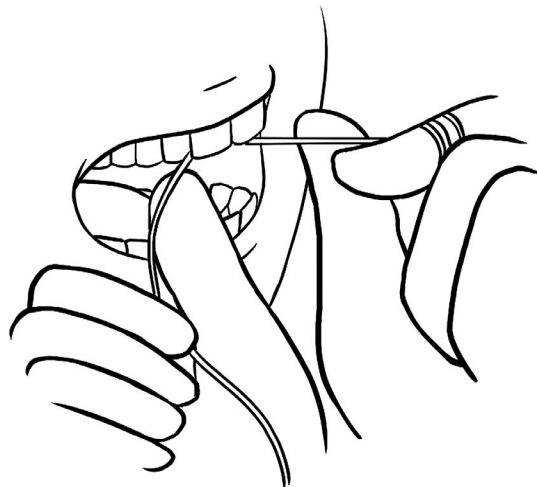
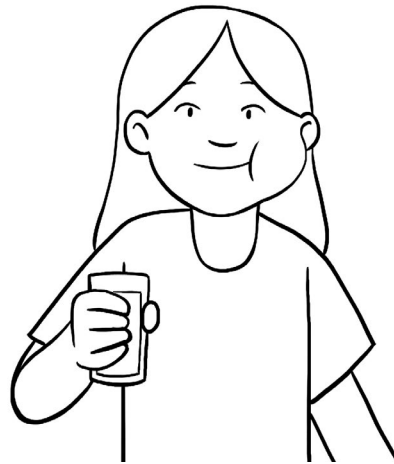
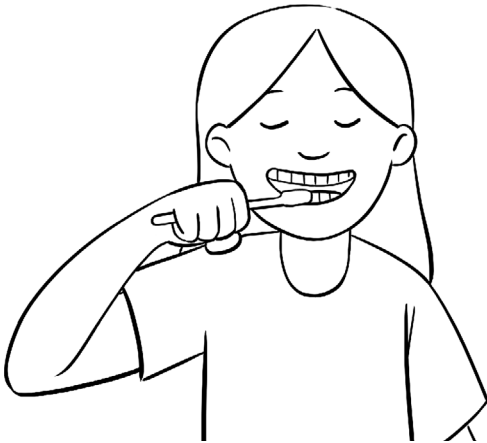
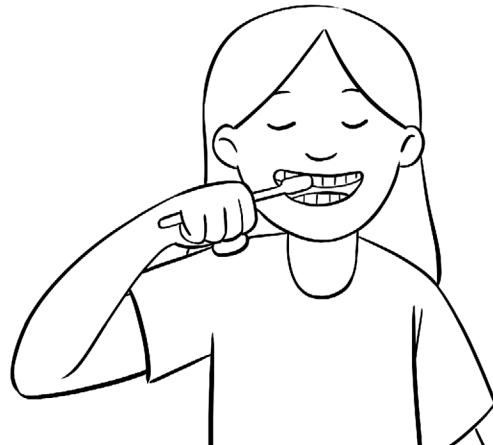
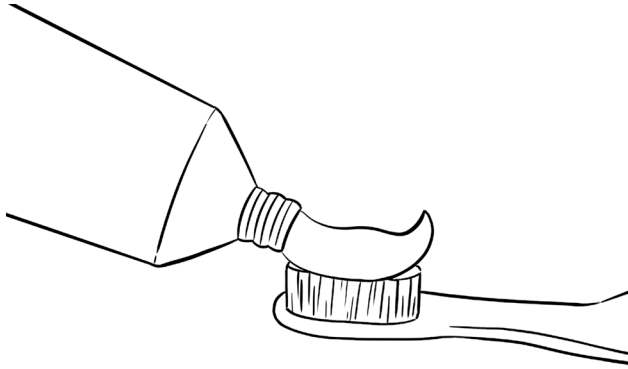
- Tooth Brushing Program
- Dental Health Manual
- Educator's Teaching Teeth Guidebook

Be sure to check it out!

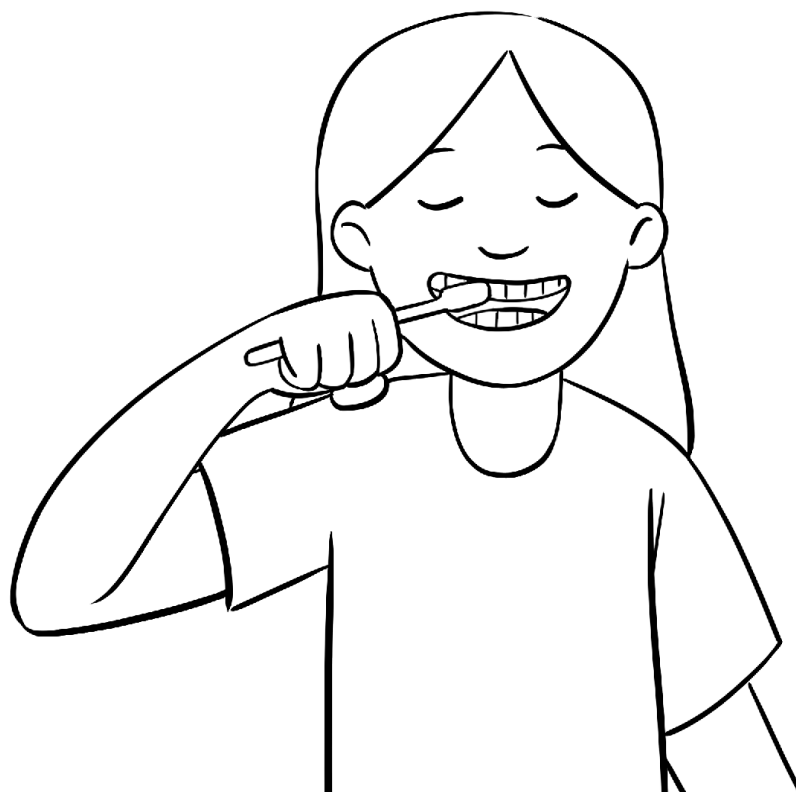
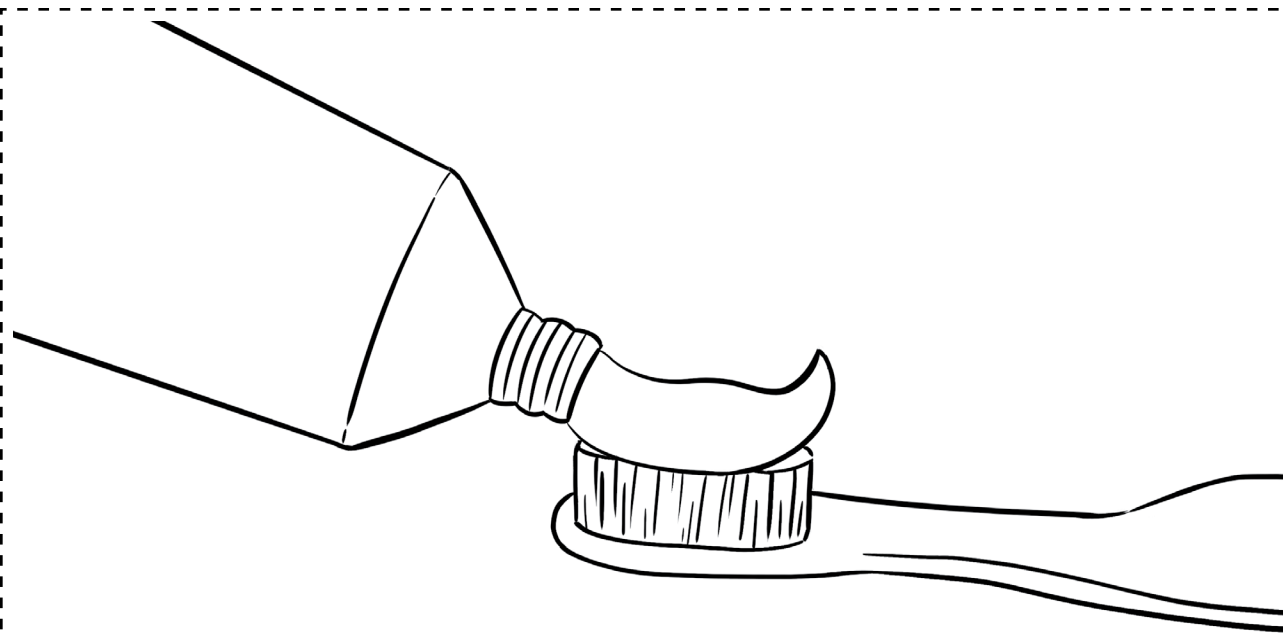
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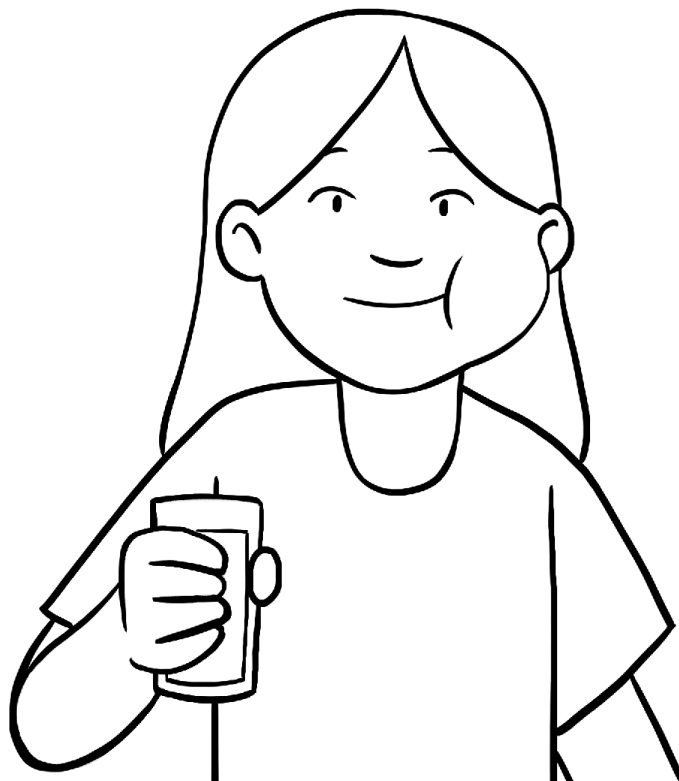
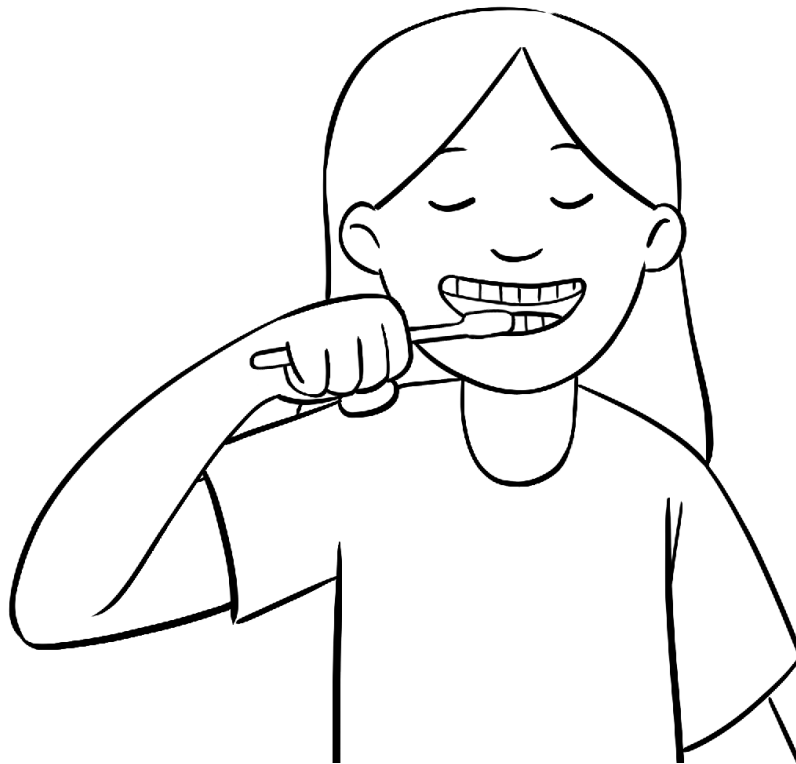
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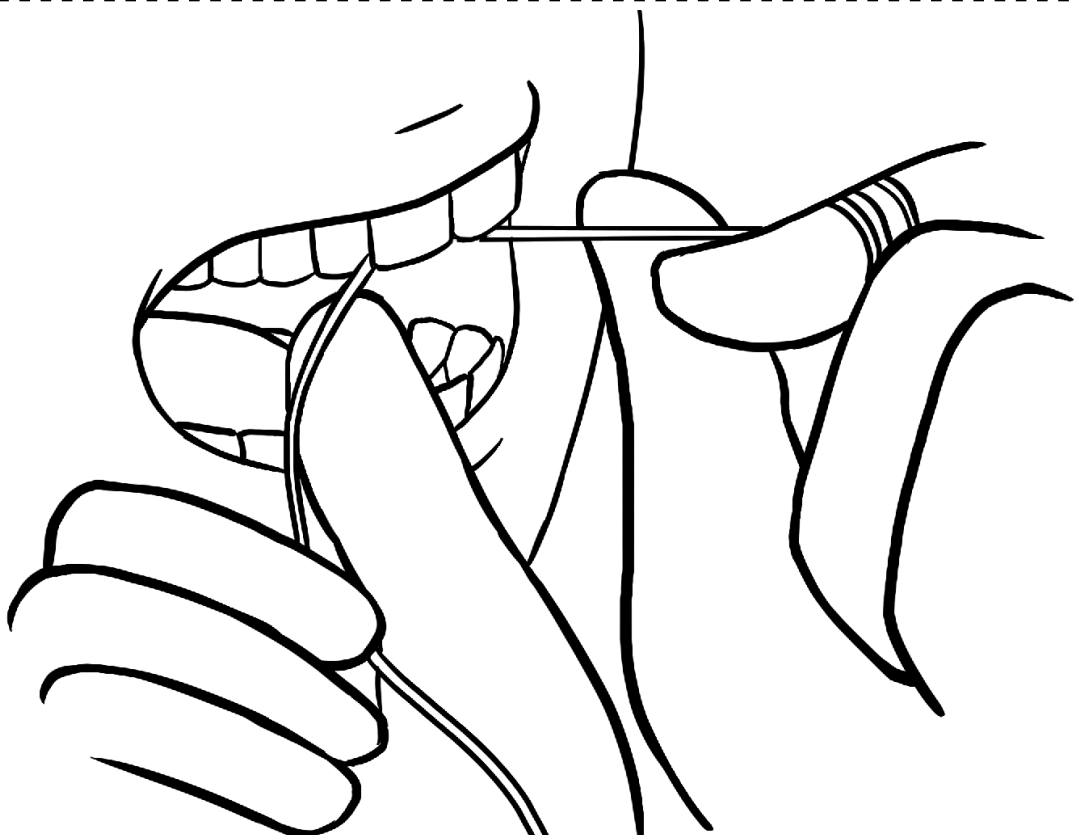
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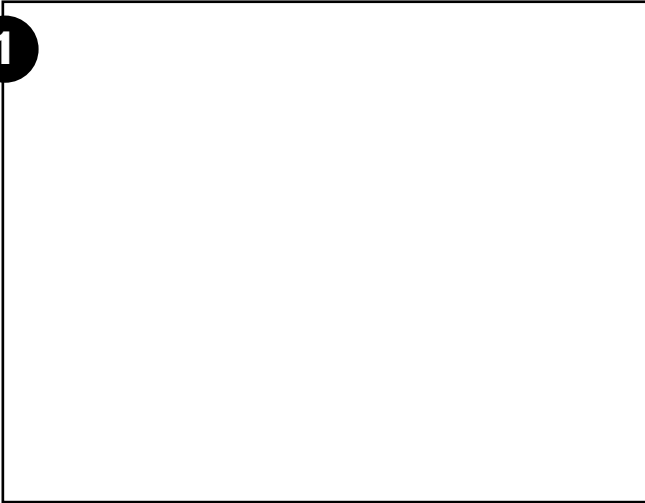


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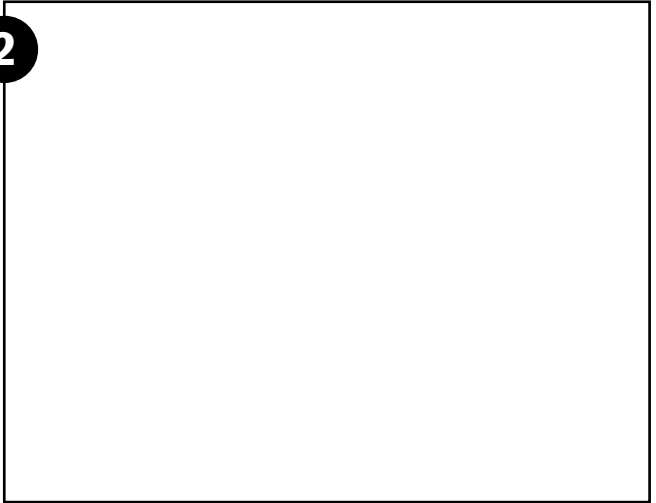
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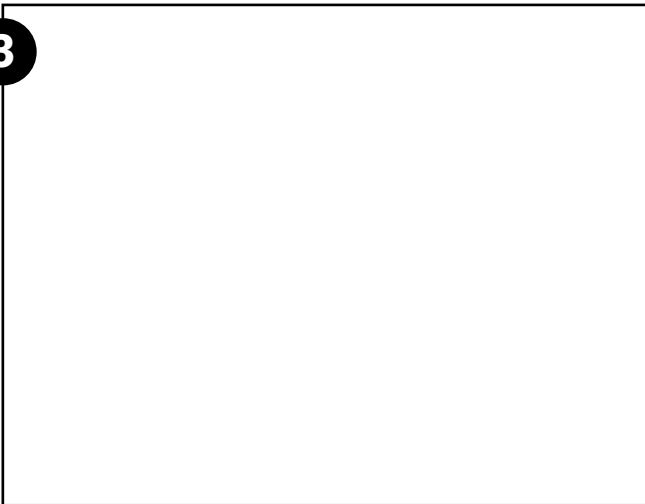
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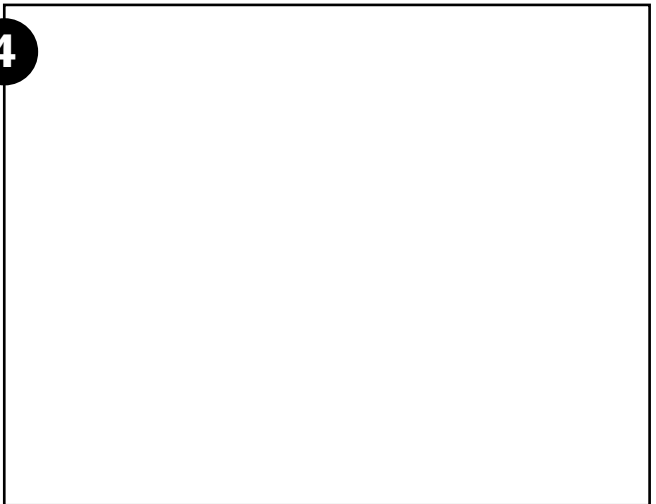
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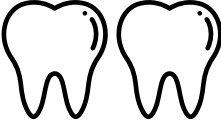
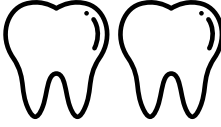
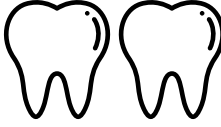
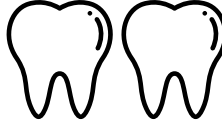
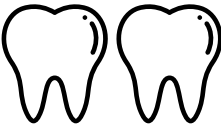
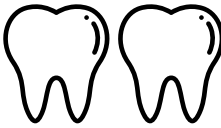
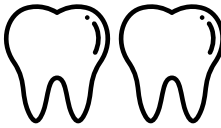
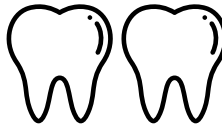

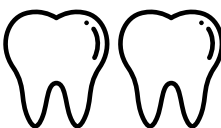
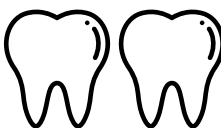
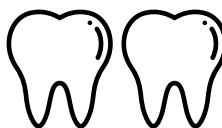












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