

Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Oral Health
Grade 4
Lesson 4

Lesson 4: Brushing Challenge

Curriculum Expectations:

- Practice appropriate personal hygiene
- Describe ways to keep teeth healthy

Objectives:

Students will:

- Learn the “2 for 2” message (brush their teeth twice a day, for 2 minutes)
- Learn the days of the week
- Practice brushing their teeth using imagination

Suggested Outline

Section 1: Introduce Today’s Lesson “Brushing Challenge”

Section 2: Discuss “2 for 2” message and why it’s important

Section 3: Imagine they are brushing for two minutes

Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Hand out the “Brushing Challenge” sheet to the class. Tell the children that every time they brush their teeth in the morning, colour a sun. When they brush their teeth at night before bed, colour in a moon. The challenge is to brush their teeth twice a day for seven days. After seven days, have a parent sign that they have completed the challenge and hand it in.

Section 2: Discussion of the “2 for 2” message

Ask students to think about how many times per day they should be brushing their teeth. Ask students to think about how much time they should spend on brushing their teeth each time. Everyone should brush his or her teeth at least twice a day, for two minutes each time. Discuss why it is important to brush your teeth twice a day for two minutes. Without brushing their teeth, they become at risk for developing tooth decay and gum disease.

Section 3: Imagine they are brushing for two minutes

To show the students that two minutes is not a long time, have the students imagine they are brushing their teeth. Walk them through the process:

- Putting a small pea-sized amount of tooth paste on their brush



- Set up a timer for two minutes and imagine everyone is brushing their teeth. Encourage the students to brush very carefully to ensure they clean every part of every tooth- the outside and inside of the top and bottom teeth, as well as the chewing surfaces. Be sure to get all the way to the back teeth!
- Imagine spitting out the toothpaste, rinsing their mouth and toothbrush with water, putting their toothbrush away and the lid back on the toothpaste.

Section 4: Conclusion

Review the “2 for 2” message and why it is important. Have students complete the “Brushing Challenge”

