

Teeth and Dental Care

Thursday 11:20-11:50 | 30 minutes

Learning goal

Oaklynn explains and demonstrates habits that protect teeth and gums. Brooksley practices gentle brushing motions and identifies a tooth-friendly choice.

Gather

Toothbrush, pea-sized toothpaste model, floss for adult demonstration, egg carton or large tooth drawing, timer, pencils, crayons, and the exported Chalkie Activity Sheet.

Class route

Welcome and tooth jobs 4 min; brushing and flossing 8 min; model and movement practice 7 min; food choices 4 min; Chalkie Activity Sheet 5 min; check and save 2 min.

1 | Teeth have jobs | 4 min

Name how teeth help us bite, chew, speak, and smile. Oaklynn may identify incisors, canines, and molars. Brooksley points to front and back teeth.

2 | Brush and floss | 8 min

Model a pea-sized amount of fluoride toothpaste, gentle circles for two minutes, every surface, then spit. Show how floss cleans between teeth. An adult handles real floss for Brooksley.

3 | Practice | 7 min

Use the egg carton or drawing. Oaklynn narrates the brushing sequence. Brooksley copies circular motions, points to the next picture, or dictates the next step.

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Continue in order; stop at the stated time.

4 | Food and helpers | 4 min

Compare water and tooth-friendly foods with frequent sugary snacks or drinks. Name the dentist and hygienist as helpers who check and clean teeth.

5 | Activity Sheet | 5 min

Use the exported Chalkie Activity Sheet. Oaklynn orders and explains the care routine. Brooksley may circle, match, draw, point, or dictate.

6 | Check and close | 2 min

Ask: How long do we brush? What cleans between teeth? Name one tooth-friendly choice. Stop at 30 minutes even if an optional discussion remains.

Evidence to save

Date the Chalkie Activity Sheet "Week 3 Health: Teeth and Dental Care." Save Oaklynn's completed sequence. Save Brooksley's drawing, matching, or dictated response if useful.

Verified Chalkie resources

Lesson: <https://app.chalkie.ai/lessons/a2bd26c8-e8cd-4b21-83fc-90e7cf9f66e5>

Activity Sheet: <https://app.chalkie.ai/documents/a2bd26f6-3485-4fe0-b963-920059006ba5>