

# Toothbrush Tag

## Learning Objectives

- I can practice healthy hygiene habits.

K.2 The student will identify healthy decisions.

- Disease Prevention/Health Promotion
  - h) Discuss the benefits of personal hygiene practices (e.g., tooth brushing, flossing, hand washing, grooming).

## Teacher Notes

- Post a visual of the proper way to brush and floss your teeth.
- 3-4 pool noodles

## Lesson Steps

*Step 1 (Engage learners/access prior knowledge)*

- Q and A (1 minute) Who can tell the class why it is important to brush and floss your teeth? When should you brush and floss your teeth?

*Step 2 (New information – direct instruction/teacher-facilitated learning)*

- Brushing your teeth helps remove food and plaque from your teeth. Plaque is a sticky white film that contains bacteria that forms on your teeth after you eat. Foods and drinks that contain sugar will attack your tooth enamel and cause cavities. Brushing and flossing your teeth will prevent cavities, bad breath, and gingivitis or gum disease.

*Step 3 (Application – how student will apply/practice new learning)*

- Toothbrush Tag
  - Students will spread out in the playing area. On the signal “go,” 3 or 4 taggers holding pool noodles will chase and attempt to tag as many students as they can. Taggers cannot tag other taggers. If tagged, you are frozen with one hand in the air. In order to rescue a teammate, you must give a frozen student a high 5. The frozen student must perform the Fortnite floss dance or pretend to brush their teeth before joining back into the game. Play 1-minute rounds. Change the locomotor movement (walk, skip, hop, jump, gallop, etc.), and taggers each round. Perform a quick exercise before starting the next round (10 jumping jacks, 5 push ups, etc.).

## Assessments

- Why is brushing and flossing our teeth important?
- What is plaque?

## Extensions/Connections

- Expand with other healthy hygiene practices (i.e., Q-tips, deodorant).



## Resources/References

- Adapted from presenters at the JMU HPAI Institute.
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/brushing-your-teeth/faq-20058193#:~:text=When%20you%20brush%20your%20teeth,acids%20that%20attack%20tooth%20enamel.>