



## Craft Activity

**Theme:** Dental Health

**Intro:** Teeth are the hardest substance in our body and help us to talk. There are 5 types of teeth; Incisors, Canines, Premolars, Molars and Wisdom Teeth.

**Craft activity:** Toothbrush painting

**Children will need:** Paint, toothbrushes, tooth template (copied onto card or paper), scissors.



### Instructions:

Children can use the toothbrushes to “paint” their teeth picture. If you wish, use scissors to cut around the picture.

**Extension ideas:** Think of different animals teeth. Eg Crocodile, shark, dog. Talk about whether the animals would brush their teeth or if they should!

**Fact:** As a young child, we have 20 teeth, but as we get older, the number of teeth increases to 32. All of our teeth are different.



**Learning Outcome 3:** Children have a strong sense of wellbeing.

## Coordinator extension ideas and group time guide

### Outside activity:

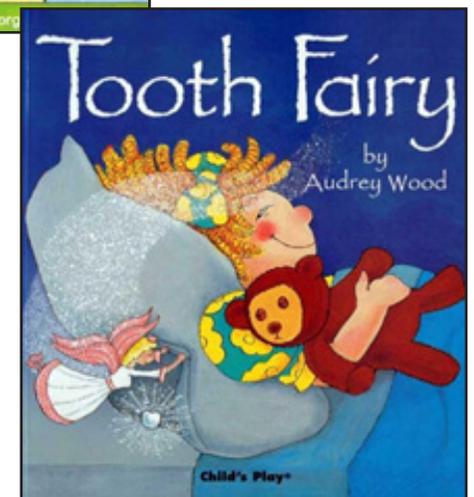
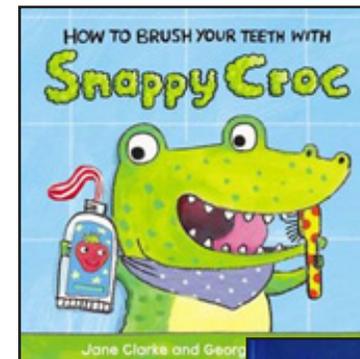
Elephant's Toothpaste- \*Please note, although safe for children, please encourage children to sit on their bottoms and watch an adult complete this experiment\*

#### You will need:

- 3% hydrogen peroxide (bought from Coles, Woolworths, Chemist Warehouse, etc)
- Plastic Bottle
- Dry yeast
- Warm water
- Dishwashing soap
- Food Colouring
- Plastic sheet/tablecloth

#### Instructions:

1. Pour 2 inches of hydrogen peroxide (3%) into the bottle.
2. Place bottle on baking sheet.
3. Squeeze in a good squirt of dish soap and a couple of drops of food colouring.
4. Prepare yeast solution by adding dry yeast to warm water and wait a few minutes until it becomes frothy.
5. Pour yeast solution into bottle (3 tablespoons).
6. Watch as the chemical reaction makes the elephant's toothpaste.



### Book Suggestions:

How to brush your teeth with Snappy Croc by Jane Clarke.

Tooth Fairy by Audrey Wood



## Sensory activity:

Toothbrushing play tray

### You will need:

Trays, toothbrushes, white duplo, water, liquid soap

### Instructions:

Put a small amount of water into each tray, along with a small amount of liquid soap. Place the duplo into each tray and encourage children to “brush” the duplo (representing their teeth), brushing between the gaps. This activity promotes fine motor and self-help skills, ready for lifelong learning.

## Group time ideas:

Healthy teeth discussion - Copy the attached template onto an A3 piece of card and cut around it. (or draw a large tooth on paper). Talk to the children about how they can keep their teeth and gums healthy. Write these suggestions on a post-it note and stick onto the tooth. See how many ideas they can make.

Brush Brush – The week before this session, ask families to bring in their child’s toothbrush from home. Sit children in front of a mirror and role model with the children, how to brush their teeth.

Healthy teeth collage – Prior to the session, find food and drink pictures in a magazine or junk mail, and cut out. Have 2 large pieces of cardboard (suggestion of 1 green and 1 red), and have children sort out the foods into “good” and “not-so good” for our teeth. Stick the pictures down to make a collage.



