

## **Lesson Plan: Building Oral Hygiene Habits & Positive Oral Health Attitudes**

### **Grade Level:**

3rd to 5th Grade (Ages 7–10)

### **Time Required:**

1 hour

### **Learning Objectives:**

- Understand the importance of daily oral hygiene habits (brushing, flossing).
- Learn how oral hygiene contributes to overall health and well-being.
- Build a positive attitude towards taking care of their teeth, recognizing it as an important part of self-care and confidence.

### **Materials Needed:**

- *"Teeth Don't Play Basketball"* book
  - Toothbrush and floss for demonstration
  - "Harlem's Field Goal Tracker" worksheet for each student (to be used at home)
  - Poster materials (optional for group activity)
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### **Lesson Outline:**

#### **Introduction (10 minutes)**

##### **1. Hook:**

- Start by asking the class how many kids like basketball (or their favorite sport) and how athletes train every day to stay strong.
- Introduce the idea that just like training for sports, we have to "train" our teeth by taking care of them every day!

##### **2. Introduce Characters:**

- Briefly introduce Liam and Harlem, a boy and his talking tooth who both love basketball. Explain that Harlem helps Liam learn why it's important to take care of teeth every day, so they stay strong and healthy—just like an athlete preparing for a big game.
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### Story Reading (15 minutes)

- Read *"Teeth Don't Play Basketball"* to the class, emphasizing moments when Harlem teaches Liam oral health habits (brushing twice a day, flossing, avoiding too many sweets). Use questions like:
    - "Why do you think Harlem wants Liam to brush and floss his teeth regularly?"
    - "How do you think Harlem feels when Liam doesn't take care of him?"
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### Discussion (10 minutes)

1. **Ask:**
    - What do you think happens if you don't take care of your teeth like Liam almost didn't?
    - How can we help our teeth be strong like Harlem?
  2. **Relating to Kids:**
    - Compare taking care of teeth to taking care of something important to them (like a favorite toy, a bike, or a pet).
    - Emphasize the idea that being a good friend to their teeth is like being a good friend to one of their classmates.
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### Activity (15 minutes)

1. **Demonstration:**
    - Use a model of teeth to demonstrate proper brushing techniques and flossing.
    - Encourage a fun chant: "Brush my belly, brush my back, every groove and every crack! Floss my armpits, left and right, or they'll be stinky the whole night!" to make brushing funny and engaging.
  2. **Group Activity (Optional):**
    - Have the kids work in small groups to create a fun poster about why taking care of your teeth is important. They can use Harlem as the "tooth coach" who cheers them on!
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## **Closing (10 minutes)**

### **1. Daily Tooth Tracker:**

- Hand out "Harlem's Field Goal Tracker" sheets, explaining that they should track their brushing and flossing at home for the next week. Encourage them to think of Harlem cheering them on every time they brush!

### **2. Final Reflection:**

- Ask: "What is one thing you learned today that you will start doing for your teeth?"

## **Take-Home:**

- The "Harlem's Field Goal Tracker" worksheet to encourage daily brushing habits at home.
- A message to parents about the importance of building strong oral hygiene habits and how they can support this at home.

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This lesson is designed to instill in children both the practical skills of brushing and flossing and a sense of positivity and pride in oral care, leveraging the relatable and fun aspects of the *Teeth Don't Play Basketball* story.