

Theme: Dental Health Day: 1

Module	Activity
Circle Time	Brushing Teeth * Have the children pretend their finger is their toothbrush
Letters & Numbers	Letter : B
Worship	Sing Father Abraham
Art & Science	Toothbrush Painting

Circle Time

Review – Start your preschool day with Circle Time and sing the “*I Can Sit Down*” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
Hi there, so glad you're here.*

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*Hi there, so glad you're here.
One two three let's give a cheer. Yay*

Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then there's Saturday.
Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: Children's Teeth

Show the children how to brush their teeth correctly. On a stuffed animal show the child how to properly brush their teeth. Place toothbrush at a slight upward angle on the outside of the back bottom teeth. Make small circler motions on all the bottom teeth, then do the same circler motion on the inside of the bottom teeth. Once done with the bottom teeth move to the top teeth and do the same thing to keep that smile shining.

***Next have the children pretend their finger is their toothbrush and have them practice on a stuffed animal.**

Materials

- Toothbrush
- Stuffed animal

Skills

- Engaged in dramatic play
- Using fine motor skills
- Increasing vocabulary
- Imagination
- Follow simple instructions

Prep Video

- <http://www.youtube.com/watch?v=BidkMZNjR8A&list=PLC071322D4140ECDA>

Activity: Letter: B

Activity Description:

Learn about the letter B with Miss Cullen and Gator. First, Miss Cullen and Gator are going to show the upper and lower case letter B. Then review the sound of the B. Next look at three types of food that start with the letter B: broccoli, beef and basil. If you have these items at home you can try them with Miss Cullen and discuss what it feels like, tastes like, sounds like and smells like.

Remember, when trying the different foods, it has to go in your mouth but it doesn't have to stay there. But it is always good to try something new.

Materials:

Three types of food that start with the letter B. Miss Cullen uses broccoli, beef and basil but feel free to use other food items that start with the letter B. Other food ideas include beans, blueberries, bok choy, boysenberries, brie, and brownies.

Skills:

- Increases language development
- Works on concepts: Identifying letters
- Taking turns and sharing

Prep Video:

<http://www.youtube.com/watch?v=Ulyu1KF2mVc>

Worship

Theme: Father Abraham Song

Activity Description

Sing "Father Abraham"

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm!

(Make a fist, bend and extend arm upward repeat throughout song)

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you

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So let's all praise the Lord.
Right arm, left arm!
(Make same motion as the right arm)

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right leg!
(Add right foot stepping up and down)

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right foot, left leg!
(Add left foot stepping up and down)

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right leg, left leg,
Head nod!
(Nod head up and down)

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right leg, left leg,
Head nod, turn around!
(Turn in place while adding other motions)

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right leg, left leg,
Head nod, turn around, sit down!
(Sit Down)

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Materials:

- Listening ears
- Looking eyes

Skills:

- Increasing vocabulary
- Increasing receptive language skills
- Gross motor skills
- Reviewing right and left
- Follow instructions
- Exercising

Prep Video:

<http://www.youtube.com/watch?v=1oJSeD3X7zE>

Art

Activity Description: Toothbrush Painting

Pour paint into a bowl or onto a paper plate. Allow your child to dip the toothbrush into the paint. Once they get a coat of paint on their toothbrush; have them now paint with their toothbrush onto the construction paper. For an easy clean up, throw out the paper plates

Materials:

- Paint (can use multiple colors)
- toothbrush
- Paper plates or bowl
- Construction paper

Skills:

- Fine motor skills and gross motor skills to move their toothbrush around on their paper
- Color recognition (paint and color of paper)
- Child finds new ways to express themselves with the paint
- Sensorial experience
- Creativity
- Hand-Eye Coordination
- Feeling the different textures of the toothbrush, the bristles, paint, and of the paper

Theme: Dental Health Day: 2

Module	Activity
Circle Time	Teeth Cleaning *Have children count the number of teeth in their mouth
Letters & Numbers	Letter: C
Worship	The Good Samaritan
Art & Science	Brushing an egg

Circle Time

Review – Start your preschool day with Circle Time and sing the “*I Can Sit Down*” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
Hi there, so glad you're here.
Hi there, so glad you're here.
One two three let's give a cheer. Yay*

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Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then there's Saturday.
Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: Teeth Cleaning

Talk to the children about the importance of brushing teeth everyday and going to the dentist for annual teeth cleanings. Explain to the children that if we don't brush our teeth plaque will build up on our teeth and eventually stain them and even cause cavities. Also, have the children beware that eating healthy snacks like fresh fruits, raw veggies, cheese and yogurt and also help keep our smiles white.

Next, talk about teeth cleanings and the special tools used during teeth cleanings. The special tools are a mirror, teeth counter, and a tooth cleaner toothbrush (show children photos of each tool). The mirror is used to look at the teeth up close. When using the mirror you can see what teeth will need a little extra cleaning. Next, we will use the tooth cleaner toothbrush. The cleaner is almost like an electric toothbrush that sounds similar to a motorboat. (Have the children try and make the sound of a motorboat.) The tooth cleaner will then make its rounds to every tooth in your mouth to make sure your teeth are extra clean. After, the tooth cleaner the dentist will use a tooth camera to get a really close picture of a child's teeth. The camera could show that a child has a really nice clean smile.

- **Have the children look in a mirror and count the number of teeth they have in their mouth.**

Materials

- Print photos of each tool used
- Looking eyes
- Listening ears
- Mirrors

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Skills

- Increasing vocabulary
- Concept development (understanding specifics about the dentist)
- Counting

Prep Video:

<http://www.youtube.com/watch?v=jhNQYNxseSI&feature=autoplay&list=PLC071322D4140ECD A&index=2&playnext=16>

Activity: Letter: C

Activity Description:

When reviewing the letter C with the children remember to show them the letter C – capital and lowercase. Also have them say the sound that the letter C makes. Lastly, the child will try three things that start with the letter C.

The letter C makes the sound of: Kaa, Kaa, Kaa.

Now look at the three foods that start with the letter C that you and the children can taste.

Celery, Carrot, and Caramel.

After each item of food have the child describe what it looks like, shape, taste, texture and if the item is hard or soft.

Remember Cullen's rule. It has to go in your mouth but it doesn't have to stay in your mouth. So if you don't like it you can take it out of your mouth.

But it is always good to try it.

Materials:

Three types of food that start with the letter C. Miss Cullen uses celery, caramel, and carrots but feel free to use other food items that start with the letter C. Other food ideas include cabbage, cake, catsup, cauliflower, cheese, chicken, chives, and chocolate.

Skills:

- Increases language development
- Works on concepts: Identifying letters
- Taking turns and sharing

Prep Video:

<http://www.youtube.com/watch?v=tfGLRBa2ddE>

Worship

Theme: The Good Samaritan

Activity Description

Today we are going to learn the story of the Good Samaritan. A Good Samaritan is someone that helps other people. Once, a long time ago there was a man and he was walking along the road. As the man was walking along the road some robbers came and took everything the man had and beat him up. The robbers then left the man on the side of the road. The man was in great pain and waited for someone to come help him. Soon, a man came along and looked at the man in pain, but just kept on walking down the road. Then, another man came along and looked at the man in pain, but just kept on walking down the road. Finally, another man came. He was the Good Samaritan; he looked at the man in pain and saw that he needed help, so he helped the wounded man onto his donkey. The two men road back to town and the Good Samaritan helped the wounded man.

Materials:

- Good listening ears
- Good looking eyes

Skills:

- Increasing vocabulary
- Increasing receptive language skills
- Reviewing how to be kind

Prep Video:

<http://www.youtube.com/watch?v=cQ1DFItJT8U>

Art

Activity Description: Brushing an Egg

Boil eggs in water with a tea bag for about 7 minutes to make hardboiled eggs. Next, let the eggs cool down before using them for this science project. The tea will stain the eggs brown. Give each child a toothbrush and an egg. Have the child "brush" the egg to get off all the "plaque" that the tea left. Tell the child that the hard shell of the egg is just like our teeth. Let them know that our teeth can be stained by the things that we eat and by letting plaque grow on our teeth because we have not brushed well enough.

Lesson Plan

Live Classroom Material

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*The brown stains will disappear as the child brushes the egg.

Materials:

- Hardboiled eggs
- Toothbrushes
- Tea

Skills:

- Using fine motor muscles when brushing
- Color recognition
- Feeling the different textures of the egg, tea bag, and toothbrush

Credit:

This idea came from preschoolrock.com:

http://education.preschoolrock.com/index.php/math_and_science/preschool-dental-lesson---importance-of-brushing-teeth

Theme: Dental Health Day: 3

Module	Activity
Circle Time	Sing: Teeth Brushing
Letters & Numbers	Letter: T
Worship	Sing Praise Ye The Lord
Art & Science	Chalkboard Cleaning

Circle Time

Review – Start your preschool day with Circle Time and sing the “*I Can Sit Down*” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
Hi there, so glad you're here.
Hi there, so glad you're here.
One two three let's give a cheer. Yay*

Next do your Special Help activity.

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Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then there's Saturday.
Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion:

Talk about going to the dentist to get your teeth checked up on and about making sure there are no cavities. When getting our teeth checked out, the dentist will use their teeth counter and check each tooth for cavities. A cavity is caused by sugar bugs. Sugar bugs can eat a hole into teeth. We want to try our best to prevent sugar bugs from being on our teeth. That is why it is so important to brush and floss. In order to prevent cavities we have to brush everyday and especially at night because that is when all the sugar bugs come out.

Next, get your toothbrush ready using your pointer finger and make little circles with your finger as you sing this song.

Sing "Brush Your Teeth":

When you get up in the morning or you go to bed
You brush your teeth
Chuuuu uuuuu chuuii cuu
For two minutes
You brush your teeth
chuuuu uuuuu chuuii cuu
After you eat any food
You brush your teeth
Chuuuu uuuuu chuuii cuu
For two minutes
You brush your teeth
Chuuuu uuuuu chuuii cuu
You brush your teeth in little circles
Chuuuu uuuuu chuuii cuu
For two minutes
Chuuuu uuuuu chuuii cuu
So you brush your teeth
Chuuuu uuuuu chuuii cuu
So brush your teeth
Chuuuu uuuuu chuuii cuu

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So brush your teeth
Chuuuu uuuuu chuuu cuu

Materials

- Singing voices
- Looking eyes

Skills

- Increasing vocabulary
- Concept development (understanding specifics about brushing teeth)
- Fine motor skills

Prep Video:

Cavity and sugar bugs video: <http://www.youtube.com/watch?v=xBZkRc4JvU0&feature=relmfu>
"Brush your teeth" song: <http://www.youtube.com/watch?v=dGZf4PGO2Bo>

Activity: Letter: T

Activity Description:

When reviewing the letter T with the children remember to show them the letter T – capital and lowercase. Also have them say the sound that the letter T makes. Lastly, the child will try three things that start with the letter T.

The letter T makes the sound of: Th, Th, Th.

Now look at the three foods that start with the letter T that you and the children can taste.
Tostitos, turkey, tea

After each item of food have the child describe what it looks like, shape, taste, texture and if the item is hard or soft.

Remember Cullen's rule. It has to go in your mouth but it doesn't have to stay in your mouth. So if you don't like it you can take it out of your mouth.
But it is always good to try it.

Materials:

Three types of food that start with the letter T. Miss Cullen uses Tostitos, turkey, tea but feel free to use other food items that start with the letter T. Other food ideas include tofu, tomato, taco, turkey, tuna, or toast.

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Skills:

- Increases language development
- Works on concepts: Identifying letters
- Taking turns and sharing

Prep Video:

http://www.youtube.com/watch?v=Cf_FfTUW4kc

Worship

Theme: Praise Ye the Lord

Activity Description

Sing "Praise Ye the Lord":

Hal- le - lu , Hal - le - lu, Hal- le - lu , Hal - le - lu - jah
(Swat Down Low)
Praise Ye the Lord
(Stand Up)

Hal- le - lu , Hal - le - lu, Hal- le - lu , Hal - le - lu - jah
(Swat Down Low)
Praise Ye the Lord
(Stand Up)

Praise Ye the Lord,
(Stand Up)
Hal le lu jah
(Swat Down Low)

Praise Ye the Lord,
(Stand Up)
Hal le lu jah
(Swat Down Low)

Praise Ye the Lord,
(Stand Up)
Hal le lu jah
(Swat Down Low)

Praise Ye the Lord
(Stand Up)

Materials:

- Good listening ears
- Good looking eyes

Skills:

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- Increasing vocabulary
- Increasing receptive language skills
- Follow instructions
- Exercising

Prep Video:

<http://www.youtube.com/watch?v=PTtgvvFT0K8>

Art

Activity Description: Chalkboard Cleaning

Give each child a chalkboard and chalk. Allow the child to color all over the chalkboard. Once the child is done coloring, hand the child a small bowl of water and a toothbrush. Have the child dip the toothbrush in the water and start brushing the “plaque” (chalk) off the chalkboard. Have the child try to brush all the plaque off.

Materials:

- Bowls
- Water
- Toothbrush
- Chalk (Can use all different colors)
- Chalkboard

Skills:

- Fine motor skills and gross motor skills to move their toothbrush around
- Color recognition (chalkboard and color of chalk)
- Hand-Eye Coordination
- Feeling the different textures of the toothbrush, the bristles, chalk, water, and chalkboard
- Imagination