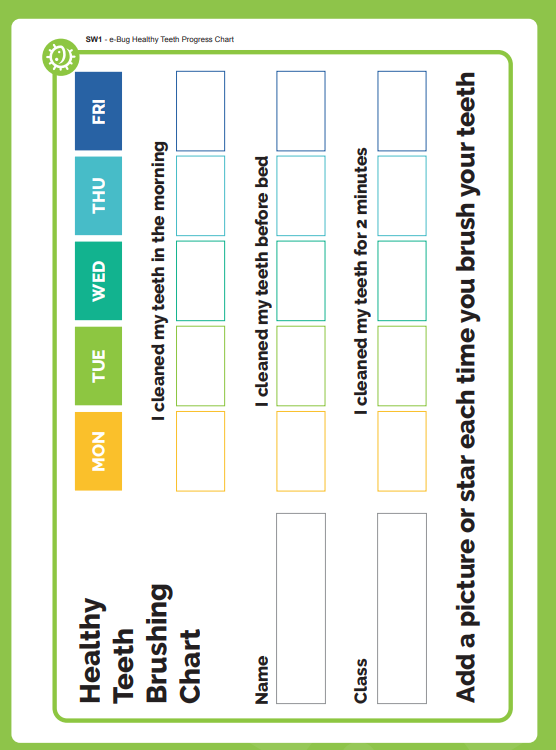
# Healthy Teeth Brushing Chart (10-15 mins)

This activity is suitable for Early Years, Key Stage 1 and Key Stage 2 and involves keeping a tooth brushing diary to monitor how often tooth brushing occurs during the week.



## Before you begin you will need:

* Oral Hygiene Lesson Plan available from the weblinks for [Early Years](http://www.e-bug.eu/en-gb/ey-oral-hygiene), [Key Stage 1](http://www.e-bug.eu/en-gb/ks1-oral-hygiene) and [Key Stage 2](http://www.e-bug.eu/en-gb/ks2-oral-hygiene).
* Stickers to represent tooth brushing episode
* Blown up version (A2) of the Healthy Teeth Brushing Chart or a piece of flipchart paper.

## Advance Preparation:

* Provide participants with the blank brushing diary
* Advise participants to complete this diary the week before, by recording each time they brush their teeth for each day of the week and adding up the weekly total.
* Advise participants beforehand that they should aim to brush their teeth twice a day – in the morning and last thing before bed.
* Use this to stimulate discussion in the group setting of how often you should brush your teeth and the correct technique to be used.

## Use the following steps as a guide to implement this activity:

* Ask participants to add up their weekly total from their tooth brushing diaries.
* Each participant should write out their weekly total on a small sheet of paper without their name on it. These sheets of paper can then be collected and the totals added up.
* Using one sticker to represent 10 brushing episodes, display the group total on a blown up version of the healthy brushing teeth chart, or on a piece of flip chart paper.
* In groups encourage participants to practice tooth brushing technique on models (if using).
* Each pupil should be timed how long they think it takes to clean the whole mouth effectively.
* See how long they took compared to the ideal two minutes.
* Music can help demonstrate to pupils how long they need to brush for. Consider playing a pop song that lasts two minutes whilst they practice brushing again.
* Next play the [tooth brushing video](https://www.youtube.com/watch?v=Bi3R0cTie7c)available here. For older participants an [alternative video](https://www.youtube.com/watch?v=Z_7bBppIINc) available here can be used instead.
* Discuss how their current oral hygiene may differ from the advice in the video, and what changes they can make to keep their teeth healthy.

## Key oral hygiene messages to cover during the activity:

* Brushing should begin as soon as the first tooth comes out (usually 6-9 months of age).
* Brushing should be carried out by an adult until 7 years of age.
* A smear of fluoride toothpaste should be used up to the age of 3 years. For children over 3 years, a small pea sized amount of fluoride toothpaste can be used.
* Teeth should be brushed last thing at night and in the morning with fluoride toothpaste.
* After brushing spit but do not rinse!

**Use the plenary or discussion questions to check participant’s understanding after the activity is completed.**