

STORY SACK

WITH 'OPEN WIDE WHAT'S INSIDE' BY ALEX RUSHWORTH

PROPS:

- Real or laminated toothbrushes, sugarbugs, small mirror, laminated pictures of teeth, a mug/cup, a model of mouth/teeth.

OBJECTIVES:

- Connect oral health to wellbeing, PSED and other healthy lifestyle habits and self-care such as washing hands and healthy eating
- Start with a giant laminated toothbrush and make brushing movements - what am I doing?

EXAMPLE SONG BASED ON THE BOOK

To the tune of 'Row your boat':

Brush brush brush your teeth,
Every day and night.
Brush the muck off your teeth,
To keep them nice and white.

Brush brush brush your teeth,
Every day and night
Brush the muck off your teeth,
To defeat the sugarbugs, Yeah!

LEARNING & DEVELOPMENT TARGETS:

- Communication and language.
- Personal, social and emotional development.
- Literacy.

ACTIVITIES:

- Talk about what you need to do to keep your teeth clean. Introduce the toothbrush, hand out toothbrushes/toothbrush cut-outs to the children. Introduce the toothpaste, hand out the cut-outs. Talk about how much toothpaste is needed (a pea sized amount). Talk about the actions for brushing your teeth, little circles, and that you need to reach every tooth. Get the children acting out brushing their teeth. Sing a Toothbrushing song that they can sing along to.
- Talk about the dentist, and how the dentist can help get rid of all the sugarbugs, their poo, and any holes they make in your teeth. Introduce the dentist mirror, hand out the cut-out mirrors and get everyone to do the actions of looking into their mouth with the mirror - 'let's all be dentists'.

EXTEND THE ACTIVITY:

- With the below activities.
- Counting activities where you count how many teeth are in the mouth.
- The children design their own sugarbugs.



TOOTHBRUSHING AND NUMBERS

- WITH 'OPEN WIDE WHAT'S INSIDE'

OBJECTIVES:

- Understand that if we don't brush our teeth, sugarbugs will leave 'poo' in our teeth which leads to decay.
- Practice counting.
- Use imagination to visualise plaque and decay as sugarbugs.

EQUIPMENT:

- Large sad tooth poster or Large smile poster.
- Sugarbugs.
- Large toothbrush - (better if it matches the small toothbrushes that are given out).
- Small toothbrushes, toothpastes and mirrors.
- Method of sticking them to the wall (e.g. bluetak).

EXTEND THE ACTIVITY:

- The children design their own sugarbugs.
- Counting activities where you count how many teeth are in the mouth.



ACTIVITY PLAN:

Prep by staff:

- Attach sad tooth/large smile to wall, or have activity leader hold the tooth/smile.
- Attach sugarbugs to the tooth/smile.
- Familiarise yourself with the healthy teeth messages.

The activity:

- Explain to the children that when we don't brush our teeth, sugarbugs can poo in our teeth, which leads to decay.
- Count the number of sugarbugs on the teeth - count the number of sugarbugs according to colour for an extension.
- Talk about how to properly brush your teeth (calling back to story sack activity) and you can demonstrate with the big toothbrush, or get kids to demonstrate it. With the smaller prop toothbrush, the children can mimic the actions.
- While brushing the model, 'brush away' the sugarbugs on the teeth so you are left with clean teeth.
- Talk about how some sugarbugs are invisible, so we need to make sure we brush everywhere properly so that they can't leave their nasty poo.

LEARNING & DEVELOPMENT TARGETS:

- Literacy.
- Maths.
- Physical development.
- (If extending the activity - expressive arts and design)

HAPPY TEETH VS. SAD

TEETH

OBJECTIVES:

- Understand that some foods are more harmful to our teeth than others.
- Identify which foods are bad for teeth, and which foods are better.
- Improve social interaction skills and experience being part of a team.

EQUIPMENT:

- Large happy tooth & sad tooth posters.
- Large cut out food items.
- Method of sticking them to the wall (e.g. bluetak).

ACTIVITY EXTENSION:

- For a longer game, ask each child to draw and cut out a food item and add it to the pile.
- For a more physical game, place the poster higher up on the wall so the children have to jump to reach them

MORE ACTIVE VERSION:

- Split the children into two groups and line them up in their teams a short distance away from where the tooth posters are attached. The child at the front of each team's queue race to touch the appropriate happy tooth or sad tooth.
- The winner of each race can be presented with the food cut-out to stick it to the appropriate tooth.



ACTIVITY PLAN:

Prep by staff:

- Attach the happy tooth and sad tooth posters next to each other on the wall and ensure there are a good number and selection of food item cut-outs.
- Make sure there is a large enough space for children to run without obstructions.
- Familiarise yourself with the healthy teeth messages.

The activity:

- The activity leader or helper holds the pile of food cut-outs and calls out the item on the top of the pile. The children call out if it makes the tooth happy or sad. Choose a child to stick the item to the tooth they think is correct.
- The items:

HAPPY TOOTH	SAD TOOTH
Apple	Hot chocolate
Water	Doughnuts
Broccoli	Chocolate
Milk	Biscuits
Tomatoes	Sweets
Crackers	Smoothie*
Orange	Raisins**

** Raisins are not recommended as they get stuck to your teeth. Therefore the bacteria has a prolonged source of sugar, so it can cause decay for a longer period of time.

* Fruit smoothies: These contain lots of sugar and so aren't very good for teeth.

Explain that even though these foods are healthy, they contain lots of sugar so aren't very good for our teeth and should only be eaten with meals

LEARNING & DEVELOPMENT TARGETS:

- Communication and language.
- Personal, social and emotional development.
- (If extending length - expressive arts and design)
- (if more active - physical development)

EGG STAINING

OBJECTIVES:

- Understand that if we don't brush our teeth, food and drink can leave stains on our teeth and can cause damage.
- Understand that we need to brush all surfaces of our teeth, and brush twice a day.
- Use imagination to visualise plaque and decay as sugarbugs.
- Become familiar with holding a toothbrush.

ACTIVITY PLAN:

- Soak the eggs for a couple of hours (or overnight) in each liquid. Don't remove the shells!
- Once soaked, examine the eggs to see which are damaged and stained
- Use the toothbrush to clean away the stains, brushing all the way around.
- Discuss how the teeth get stained/damaged and the benefits of brushing and keeping them healthy.
- Introduce the word 'cavity;' and explain what it is, how and why we get them. You can make holes in the eggs to represent cavities.

EQUIPMENT:

- Hard boiled eggs (boil the night before)
- Various liquids - fizzy drink, apple juice, squash, water, milk, etc.
- Toothbrush and toothpaste
- Something to make a hole in the eggs (e.g. a screwdriver, or just a pen or pencil).

LEARNING & DEVELOPMENT TARGETS:

- Personal, social and emotional development.
- Physical development.



THE MISSING LETTER

Look at the pictures. Say what you see. What do you hear? Add the missing letter on the blank.



_oothb_ush



_irror



_oothpa_te



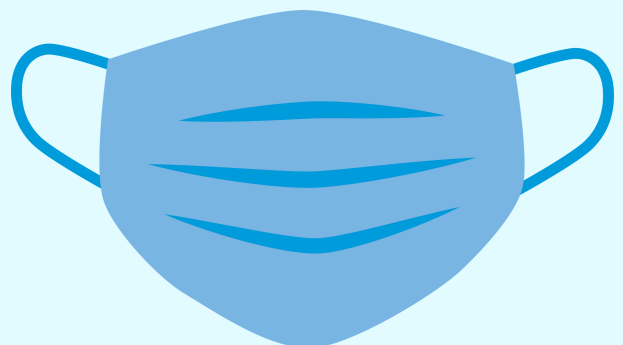
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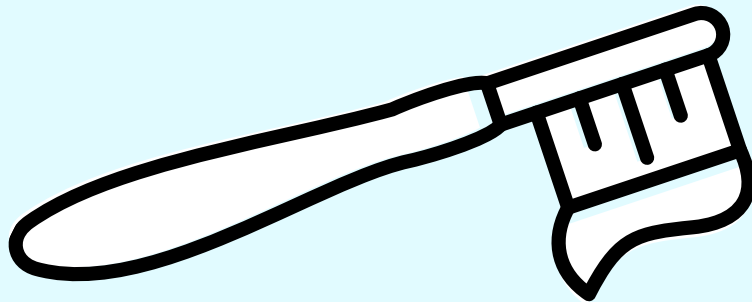
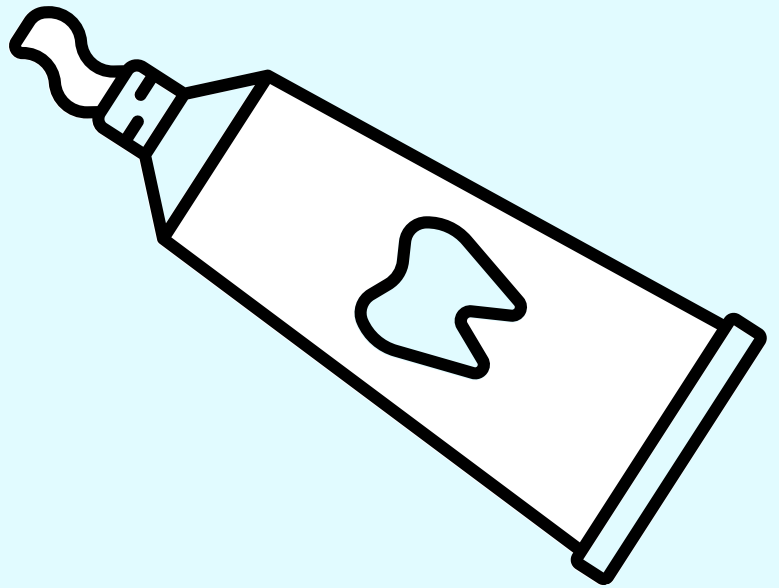
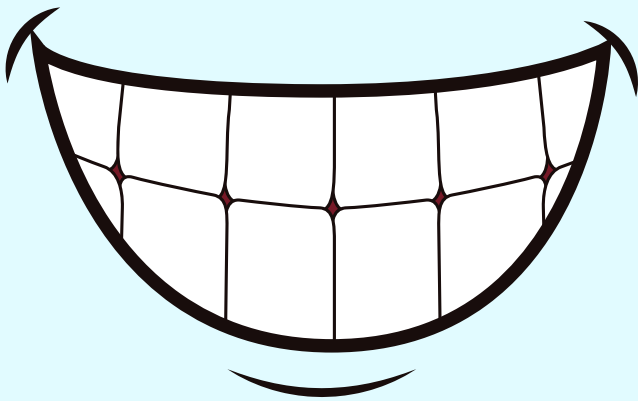


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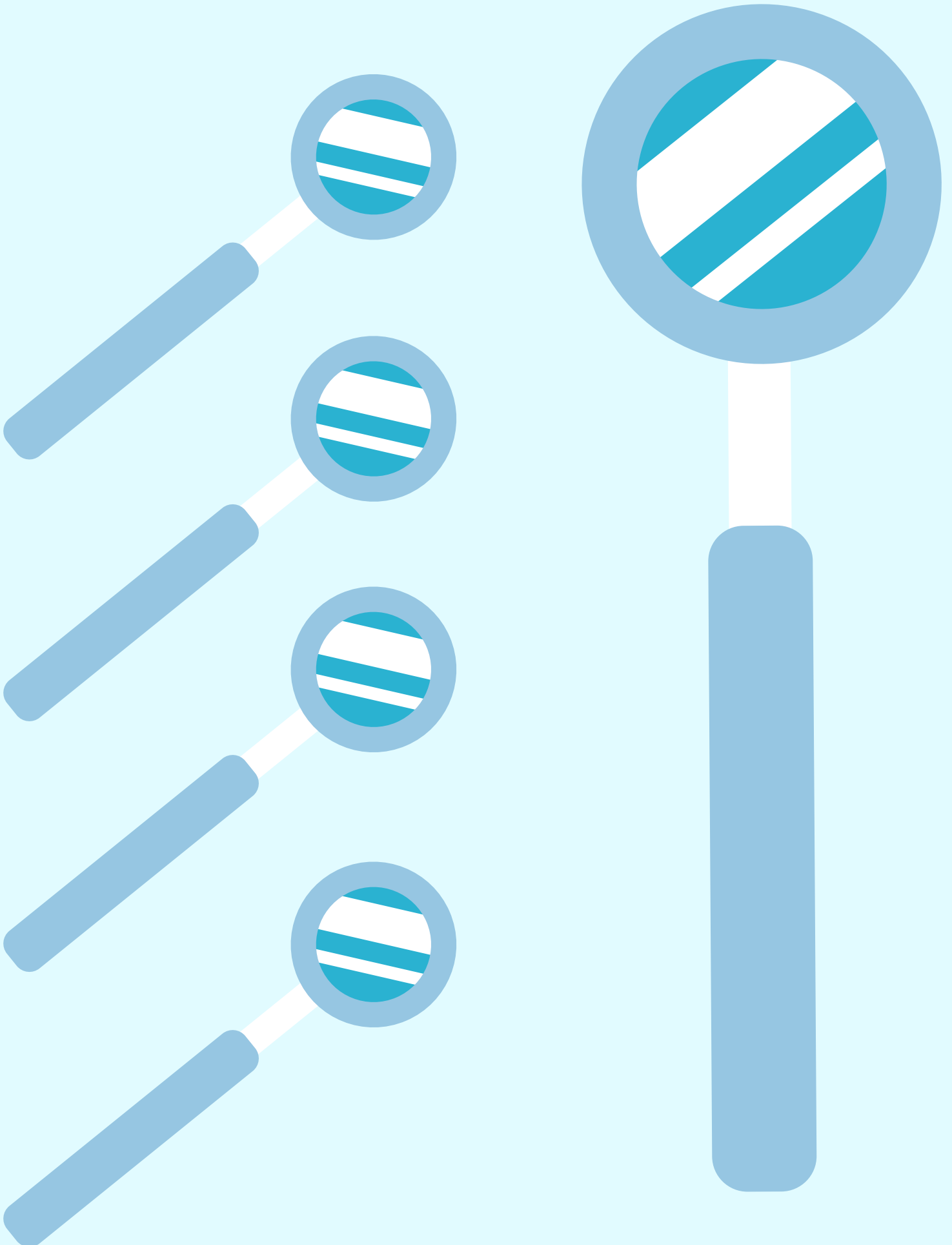
COLOURING IN



MOUTH



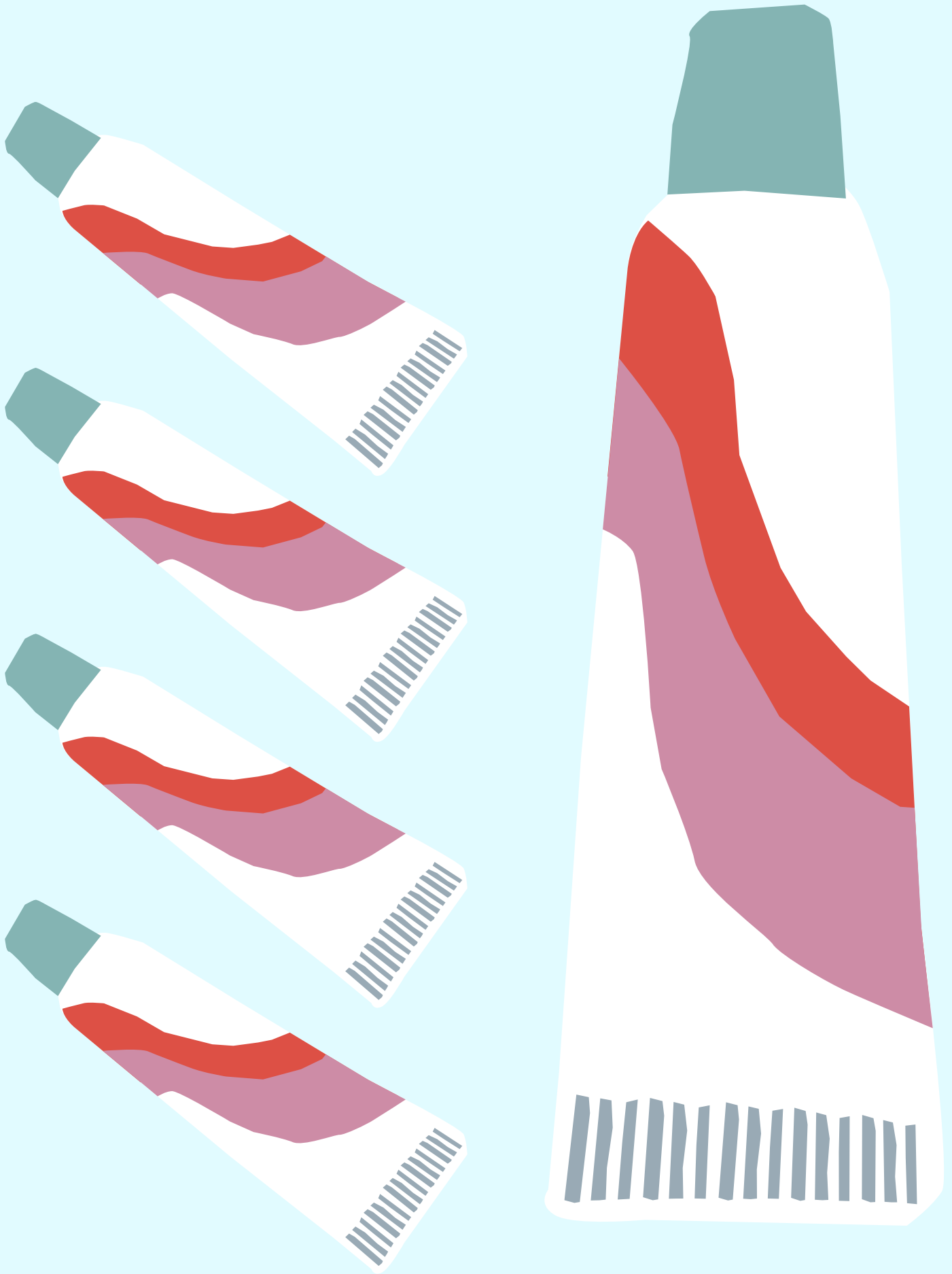
DENTIST MIRROR



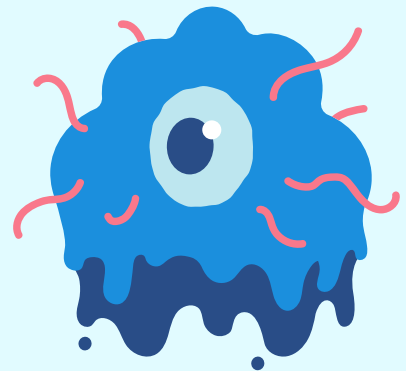
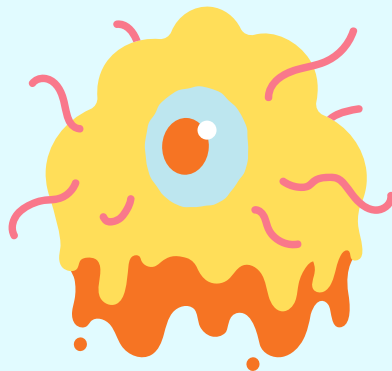
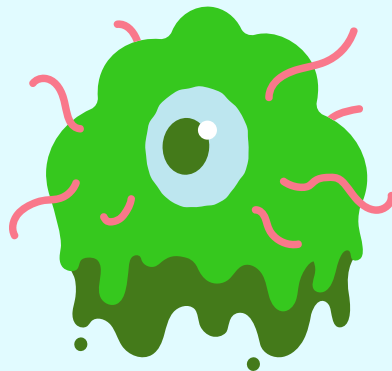
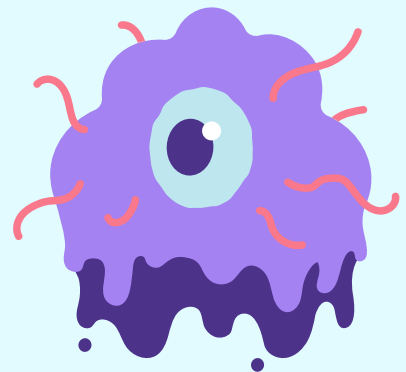
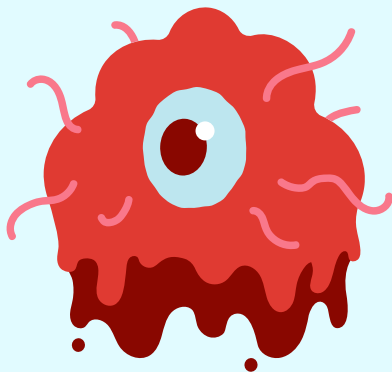
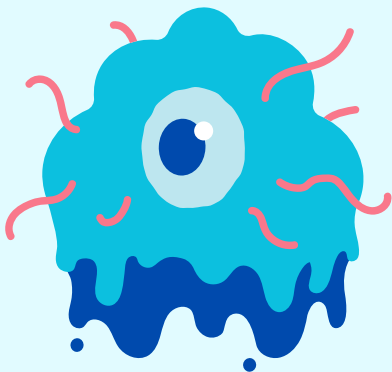
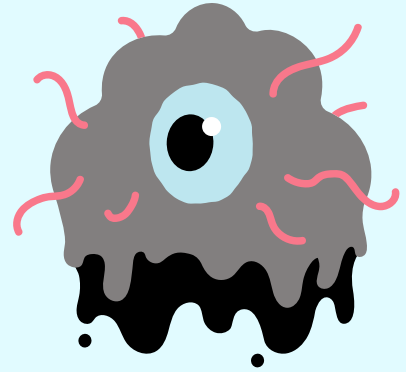
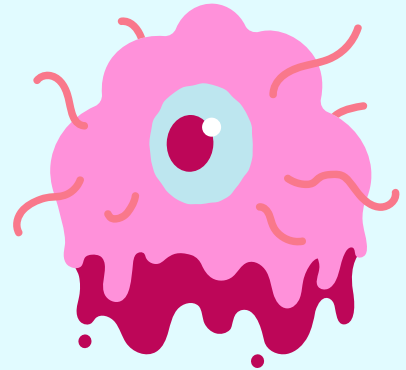
TOOTHBRUSHES



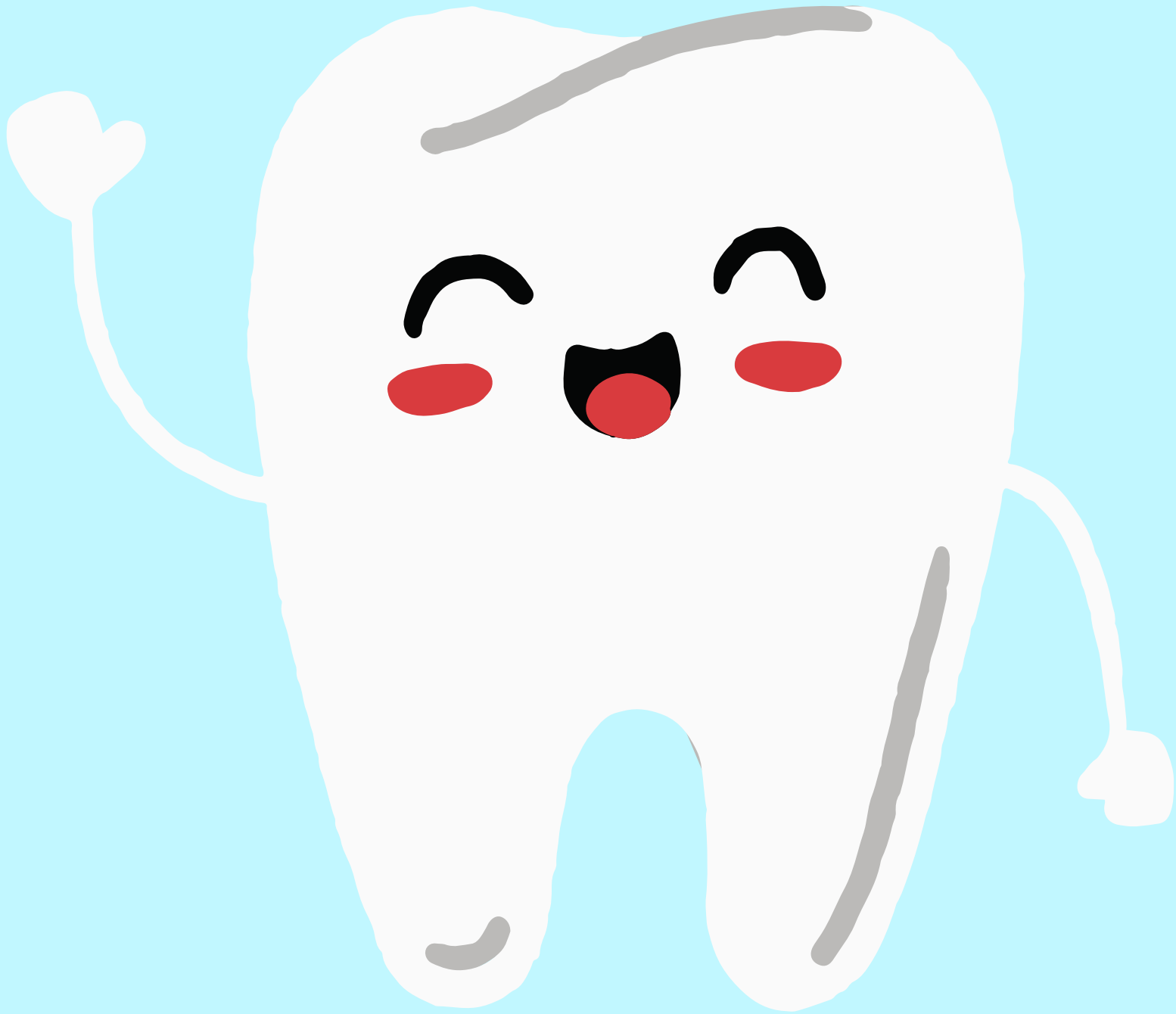
TOOTHPASTE



TIMER AND EXAMPLE SUGARBUGS



HAPPY TOOTH



SAD TOOTH



FOOD & DRINK



FOOD & DRINK

