



Activity Guide
for
Preschool/PreK
Teachers



The Dr. Samuel D. Harris
**NATIONAL
MUSEUM of
DENTISTRY**

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Introduction

Discover the power of a healthy smile with the **National Museum of Dentistry!**

The Dr. Samuel D. Harris National Museum of Dentistry, an Affiliate of the Smithsonian Institution, is a lively national center where visitors discover the power of a healthy smile and the rich history of dentistry. Designated by Congress as the official museum of the dental profession in the United States, the museum's collection of 40,000 objects tells the story of dentistry through changing and traveling exhibits, school tours, innovative educational programming, and family days. Highlights include George Washington's lower denture, Queen Victoria's personal dental instruments, and an extraordinary collection of toothbrushes ranging from the 1800s to the present. Young children can discover good oral health habits in the hands-on MouthPower laboratory.

After completing the MouthPower® Program, children will understand how to take better care of their teeth. They will know:

- How to brush properly
- How to make healthy food choices
- The importance of visiting the dental team.



Let's Brush Our Teeth

To reinforce the oral hygiene lesson, children will make mouths to practice their toothbrushing technique.

Key Learning Points:

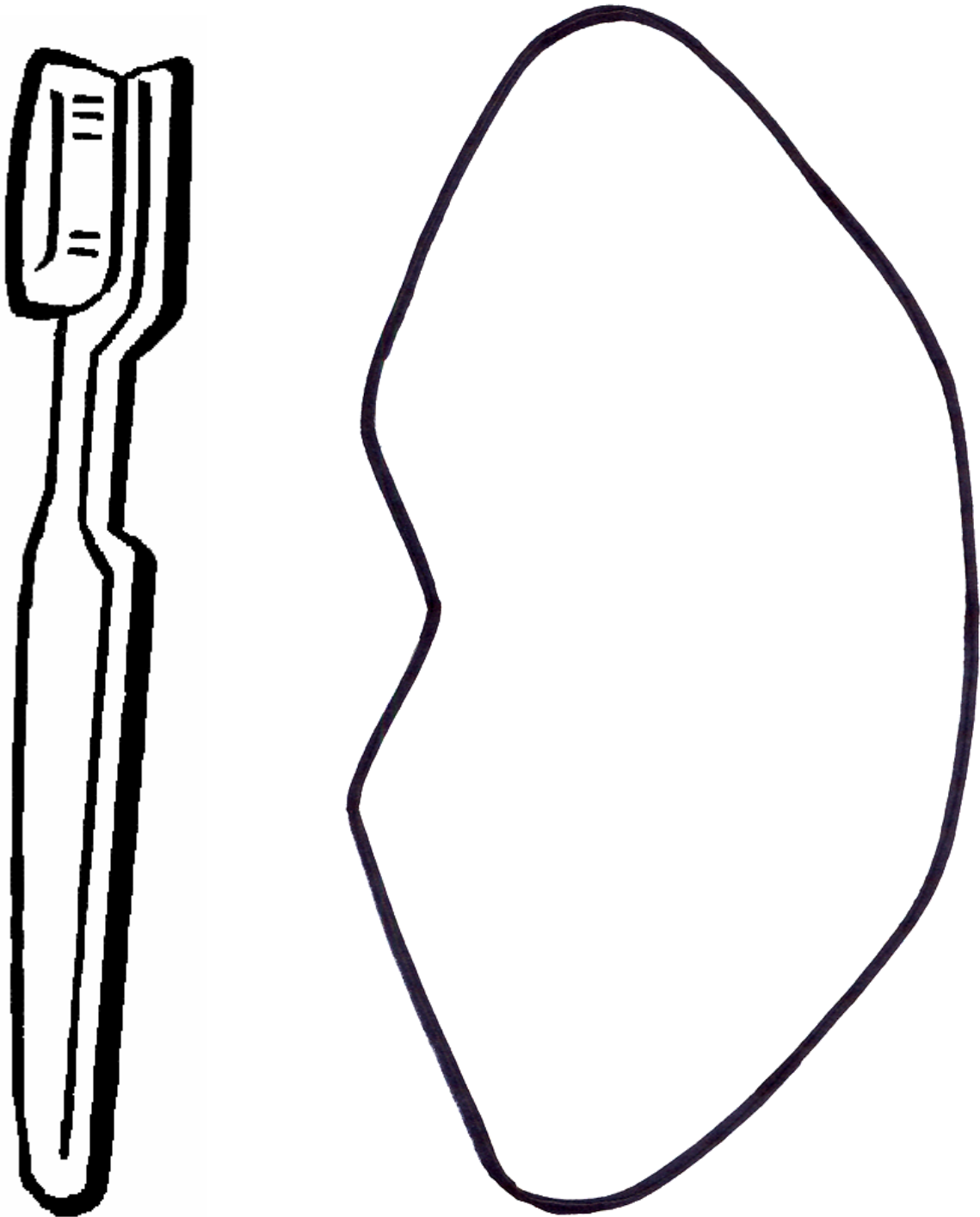
- It is important to brush your teeth twice a day using a pea-size amount of fluoride toothpaste and a soft bristle toothbrush.
- You should brush your tongue and all parts of your teeth using a gentle circle motion.

Materials Needed:

- Mouth and Toothbrush Template
- White beans (20 per child)
- White Cardstock
- Glue
- Crayons

1. Print off the Mouth and Toothbrush template (see next page) onto white cardstock. Cut out one mouth and one toothbrush for each child.
2. Have the children color the mouth and toothbrush.
3. Give each child 20 beans. Explain that they will glue 10 beans in a row on top and 10 beans in a row on the bottom of the mouth. Tell them to pretend that the beans are teeth. Assist children with gluing the beans onto the mouths.
4. As a class, count the teeth.
5. Demonstrate to the children the circular motion of brushing the teeth. Have each child practice brushing the teeth on the mouths they just made.
6. While the children are brushing the teeth, have them sing the first part of the Healthy Mouth Song.

Mouth and Toothbrush Template



Healthy Food Choices

To reinforce healthy eating habits, children will cut-out pictures of a variety of foods they would like to eat for a snack.

Key Learning Point:

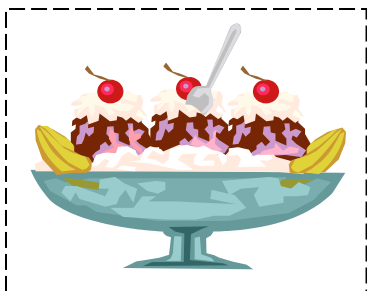
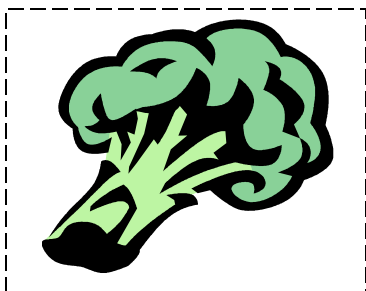
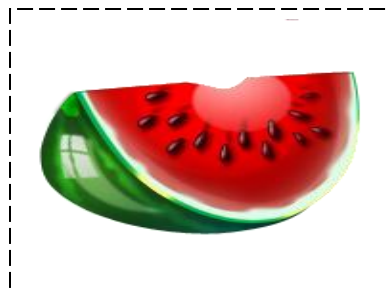
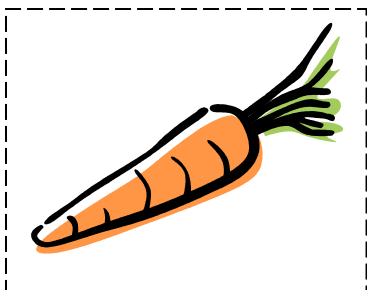
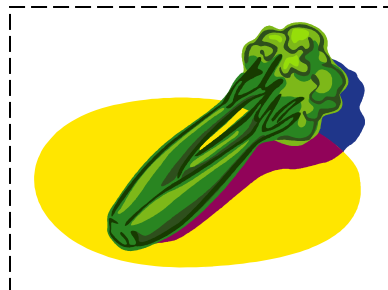
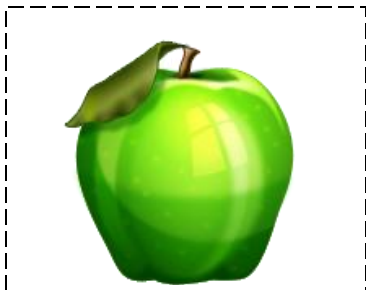
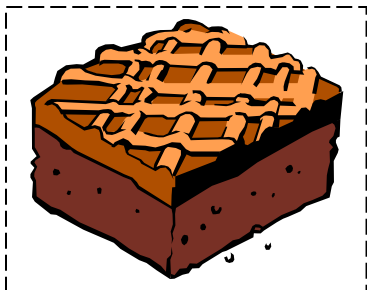
- Eating a variety of healthy foods each day helps prevent tooth decay and contributes to overall oral health.
- Fruits and vegetables are tasty, healthy snacks.
- Sweets are called “sometimes” foods.

Materials Needed:

- Choose a Healthy Snack Activity Sheet
- Paper plates
- Marker
- Glue
- Scissors

1. Write the words, “Healthy Snacks for My Teeth,” on a paper plate. Make one paper plate for each child in the class.
2. Review with the children how to choose healthy foods to eat. Tell the students to think of healthy foods they like to eat.
3. Give each child a copy of the Choose a Healthy Snack Activity Sheet (see next page). Have each child cut out as many fruits and vegetables they like to eat. Glue the pictures onto the paper plate.
4. Let each child pick out one “sometimes” food he/she likes to eat.. Talk about which foods are better choices to eat anytime. As a class, make a poster of “sometimes” foods.
5. Display the “Healthy Snacks for My Teeth” paper plates on a bulletin board.
6. While the children are making their healthy meals, sing the first and second verses of the Healthy Mouth Song.

Choose a Healthy Snack



The Dental Team

To reinforce the experience of visiting a dentist, children will draw pictures of themselves visiting a dentist.

Key Learning Point:

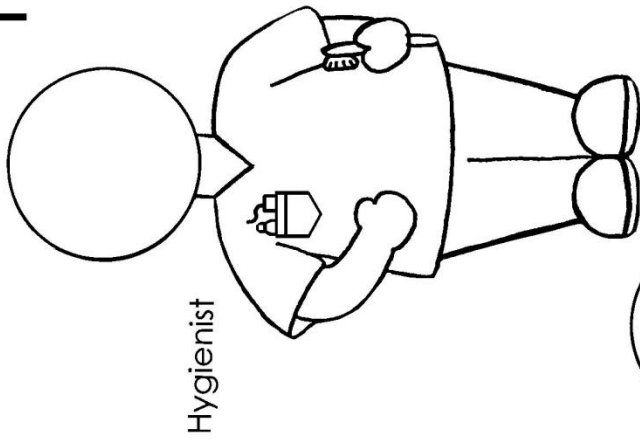
- The dental team - dentist, dental hygienist, dental assistant, and dental technician - play important roles in helping keep our teeth healthy.
- When you take care of your teeth, you are part of the dental team.

Materials Needed:

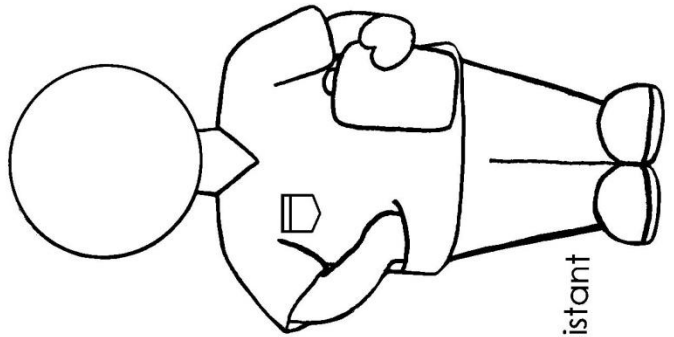
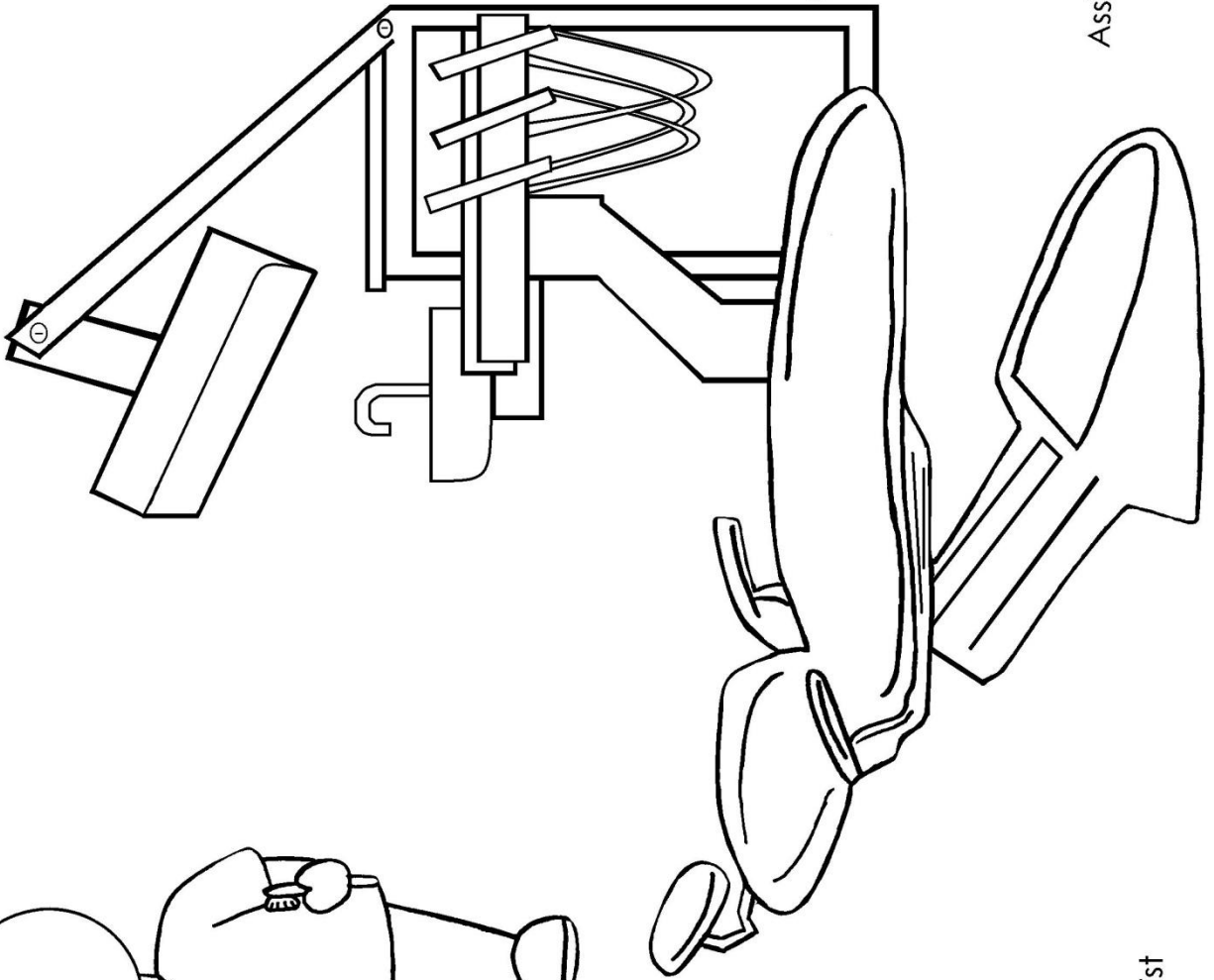
- The Dental Team Activity Sheet
- Crayons or colored pencils

1. Review with students who makes up the dental team and what a visit to the dentist is like.
2. Give each child a Dental Team Activity Sheet (see next page). Tell the children to complete the picture. Point out that they need to put faces on the dental team members and to draw a picture of themselves sitting in the dental chair.
3. Let the students color the picture.
4. Ask each child to dictate a sentence about going to the dentist. Write the sentence on his/her picture.
5. While the children are drawing pictures of themselves visiting the dental team, sing the Healthy Mouth Song.

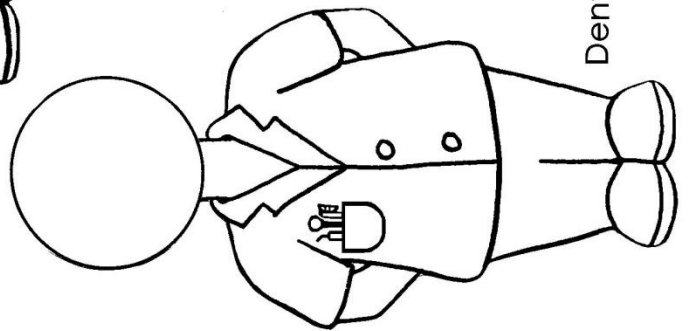
The Dental Team



Hygienist



Assistant



Dentist

Healthy Mouth Song

Sing this song to the tune, “Mary Had a Little Lamb.”

Mouthie says to brush our teeth,
Brush our teeth, brush our teeth,
Mouthie says to brush our teeth,
In the morning and at night.

Mouthie says to eat healthy foods,
Eat healthy foods, eat healthy foods,
Mouthie says to eat healthy foods,
To keep my smile sparkling.

Mouthie says to see the dentist,
See the dentist, see the dentist,
Mouthie says to see the dentist
To have a healthy mouth.

Glossary

Cavity	A hole in the tooth caused by decay.
Dental Assistant	The person who assists the dentist by handing him or her the right instruments, mixing filling materials, pouring study models from impressions of your mouth, and recording the treatment given.
Dental Hygienist	The oral health care specialist who cleans your teeth, records problems in your mouth, applies decay preventing fluoride, and teaches you how to brush and floss.
Dental Technician	The highly skilled dental team member who works in a laboratory to make your orthodontic appliances (like retainers) and dentures (artificial teeth) for those who unfortunately lose their teeth.
Dentist	The doctor who specializes in helping keep your teeth healthy and fixes them when they are damaged. He/she directs the other members of the team.