

# Roads to Learning and Earning

## Lesson Plan



**Topic/Title of Plan: Grooming Skills: Brushing Teeth**

**Lesson Developed By: Harnett County Schools Teachers**

**School: Multiple Harnett County Schools**

<b>Objective Being Taught</b>	Provide students and families with skills needed for navigating and safely living as independently as possible in the community.
<b>RTLE Matrix Objective</b>	By reviewing functional life skill resources, provide students and families with skills for living as independently as possible in the community.
<b>Student Audience/Length</b>	Life Skills/OCS/Middle School/High School
<b>Materials/Resources Needed</b>	Individual student toothbrushes, tubes of toothpaste, mouthwash, floss, model of mouth, large model toothbrush, laminated tooth, dry erase markers, water, sink, cups, sand, timer
<b>Teaching Procedure</b>	Students will be instructed on the importance of brushing their teeth every day, twice a day. Students will be instructed on the proper use of the toothbrush. Teacher will model with the model mouth and toothbrush how to properly move the toothbrush in the proper motions. Students will practice with laminated teeth with dry erase markers to demonstrate how to “clean” the teeth properly. Students will then work on squeezing the appropriate amount of toothpaste on their toothbrush and adding water from the sink. Students will then flip their sand timer to brush their teeth for the appropriate amount of time, using an appropriate motion. The teacher will then model how to use floss with the model mouth. Students will then practice flossing their teeth with the appropriate amount of floss, starting from the back to the front. Students will then use mouthwash to swish for one minute, using the sand timer. (Field trip to a dentist or dental van)
<b>Check for Understanding and Assessment of Lesson</b>	Students will be able to demonstrate and model how to use a toothbrush, toothpaste, floss, and mouthwash, as well as use the appropriate tools and materials.
<b>Wrap Up/Review</b>	Ask students if they will brush their teeth at home and if they have the materials to do this. Ask students where they can buy the materials to brush their teeth. Ask students which professional in their community they can see to help check their dental health.