

Home Living / Daily Living
Lesson Plan—Emerging, Developing
Dental Care

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Hygiene
- Students will learn the proper dental care techniques

Learning Area(s):

- Literacy
- Personal Resource Management

Purpose of Lesson / Objective:

- Familiarize students with proper brushing techniques
- Familiarize students with other ways to take care of their mouths

Materials / Equipment / Environment:

- Toothbrush for each student
- Toothpaste
- Dental floss
- Other dental products (mouthwash, tongue scraper)
- First Impressions Video Modeling Series

Group Size: 4-10 **Time Required:** Will vary according to group ability and size

Lesson Procedure:

1. Discuss the importance of dental hygiene (prevent tooth decay and get rid of bad breath)
2. Watch dental care video from First Impressions Video Modeling Series
3. Discuss video and demonstrate the tooth brushing technique seen on the video
4. Discuss flossing and demonstrate the flossing technique seen on the video
5. With staff guidance, have each student practice flossing and brushing using his/her own toothbrush
6. Discuss other mouth care products (mouthwash, tongue scraper, etc.)
7. Discuss how often to visit the dentist and for what reasons

Carry Over / Related Activities:

- Invite a dental hygienist to speak to the group
- Visit a dental office
- Have students report / track their last and next dental appointments

Supporting Activities / Possible Adaptations:

- Students may need extra time tolerating objects in their mouths
- Students may need physical assistance with performing proper flossing and brushing techniques

Home Living / Daily Living
Lesson Plan—Emerging, Developing
Dental Care

Strategies for Participation:

- Discuss why we need to take care of our teeth and the inside of our mouths (decay, bad breath)
- Students can dialog how many times they go to the dentist per year, and what the dentist and hygienist do when he/she are there

Student Reaction / Evaluation:

- Students demonstrate proper tooth brushing and flossing techniques