

# Lesson Plan: My Sparkly Smile

## Lesson Overview

**Theme:** Teeth and Oral Hygiene

**Target Age:** 1–2 years old

**Duration:** 20–30 minutes (flexible for toddler attention spans)

### Learning Objectives:

- Identify "teeth" and "mouth" by pointing.
- Mimic the physical motion of brushing.
- Associate "brushing" with a positive, playful experience.

## Materials Needed

- A child-safe hand mirror
- A large stuffed animal or doll with a visible mouth/teeth
- A toddler-sized toothbrush (or a clean, soft-bristled training brush)
- Laminated "Dirty Teeth" sheet (a drawing of a large mouth with white teeth)
- Washable brown or green dry-erase marker
- Small cup of water
- Song: "Brush Your Teeth" (Raffi or Cocomelon version)

## 1. Introduction: The Hook (3 Minutes)

### Activity: Mirror Play

Sit with the learner in front of a mirror. Make exaggerated happy faces.

### Talking Points:

- "Look at that big smile!"
- "Can you show me your teeth? Peek-a-boo, teeth!"
- "Point to your teeth. Click, click, click!"

## 2. Body: Content & Practice (15 Minutes)

### Phase 1: I Do (Demonstration)

Use the stuffed animal and the toothbrush. Show the learner how the animal "brushes."

- **Action:** Gently move the brush in circles on the toy's mouth.
- **Talking Points:** "Teddy is brushing! Up and down, round and round. Scrub, scrub, scrub. Now Teddy has a sparkly smile!"

## Phase 2: We Do (Guided Practice)

Give the learner their own toothbrush (no toothpaste needed yet, just water). Play the "Brush Your Teeth" song.

- **Action:** Encourage the learner to brush their own teeth or the toy's teeth while the music plays. Model the behavior by "brushing" your own teeth with a separate brush.
- **Talking Points:** "Can you brush like me? Scrub, scrub! Let's make them shine!"

## Phase 3: You Do (Sensory Exploration)

This is the "Wash the Teeth" activity. Prepare the laminated sheet by drawing "germs" (dots) on the white teeth with a washable marker.

- **Action:** Give the learner the toothbrush and a small cup of water. Show them how to dip the brush and scrub the "germs" off the laminated sheet until the teeth are white again.
- **Talking Points:** "Oh no, the teeth are messy! Let's wash them. Rub the water on. Look! It's going away! Good job washing!"

## 3. Conclusion: Recap & Success (5 Minutes)

### Activity: The "Sparkle" Check

Return to the mirror for a final check.

- **Recap:** "What did we do? We brushed our teeth! Are they sparkly? Let me see that smile!"
- **Reinforcement:** Give a high-five or a "Sparkly Tooth" sticker to celebrate the effort.

## Success Criteria

- The learner identifies their teeth by pointing or smiling.
- The learner attempts to hold the toothbrush and move it against a surface (their mouth, a toy, or the paper).
- The learner engages with the sensory "cleaning" activity for at least 1-2 minutes.

## Adaptability & Differentiation

- **For Younger Learners (12-15 months):** Focus heavily on the mirror play and the "click-click" sound of teeth. They may just want to chew on the toothbrush; this is okay! It builds familiarity.
- **For Older Learners (18-24 months):** Introduce the word "dentist." Ask them to identify "top teeth" and "bottom teeth."
- **Multi-Sensory Options:** If the child is a tactile learner, use white LEGO bricks as "teeth" and have them "brush" playdough "food" out from between the bricks.

## Assessment Methods

- **Formative:** Observe if the child mimics the "scrubbing" motion during the "We Do" phase.
- **Summative:** At the end of the lesson, ask "Where do we brush?" and see if the child gestures toward their mouth or the toy's mouth.