



# Enrich, Excite, Explore!

## Week 3, Day 12: Healthy Habits – Clean Teeth

Read and watch the stories at [Scholastic Learn at Home](#) and then explore the activities below!

### Read!

Open Wide: Tooth School Inside by Laurie Keller paired with Take Care of Your Teeth by Don L. Curry

### Talk!

#### Healthy or Not Healthy for Teeth?

Talk about foods that are good for teeth and foods that are not healthy for teeth. Look in your pantry or fridge to find these foods, or you can ask your child to name some of these foods and draw pictures of them.

### Sing!

#### Got My Toothpaste Song (tune: "Twinkle, Twinkle, Little Star")

Got my toothpaste, got my brush,

I won't hurry, I won't rush.

Making sure my teeth are clean,

Front and back and in between.

When I brush for quite a while,

I will have a happy smile!

## Some other fun tooth brushing songs on YouTube:

<https://www.youtube.com/watch?v=Pd4WnsXwdqw&vl=en>

[https://www.youtube.com/watch?v=wCio\\_xVlgQ0](https://www.youtube.com/watch?v=wCio_xVlgQ0)

## Play!

### Counting Teeth Activity

- Count the number of teeth your child has.
- Cut out an open mouth shape from construction paper and draw circles around it for the number of teeth your child has, or you can draw more just for fun.
- Cut little circles out of white paper. These will be the teeth.
- For children who are learning to write, have them write a number on each circle, from 1 to however many teeth, then paste the circles on the mouth.
- For children who are not yet able to write, let them glue the “teeth” on the mouth, and then count together. You can write the numbers for them to help with number recognition.

### What Do Drinks Do to Your Teeth Science Experiment

<https://feelslikehomeblog.com/2016/06/what-do-sugary-drinks-do-to-your-teeth-kids-science-experiment/>

Warning: You may never think about soda the same way after you do this experiment with your kids!

## Read More Together!

### Books related to teeth

- Maisy, Charley, and the Wobbly Tooth – E Cousins, Lucy
- Dentist – E Dentist
- No Biting Louise – E Palatini, Margie
- Show Me Your Smile!: A visit to the dentist – E Ricci, Christine
- Clarabella’s Teeth – E Vrombaut, An
- A Look at Teeth – J 591.4 Fowler
- Whose Teeth Are These? – J 591.4 Lynch

## Corvallis-Benton County Public Library

645 NW Monroe Ave. | Corvallis, OR 97330 | 541-766-6794 | [www.cbcpl.net](http://www.cbcpl.net) **Enrich** | **Excite** | **Explore**