

**Program: You Tube Activity: Triple Play**

<b>Objective:</b> Youth will learn the importance to staying on a healthy routine. Personal hygiene-brushing your teeth.
<b>Grades:</b> All ages
<b>Essential Questions:</b> How many times a day should you brush your teeth?

<b>Materials/Resources:</b>	Sink Toothbrush/paste Floss water
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Instructional Steps:

Community builder: <i>Proper handwashing</i>	Main activity:	Reflection:
<ul style="list-style-type: none"> <li>-Get both hands wet</li> <li>-Lather with soap and sing your favorite song for 20 seconds.</li> <li>-Rinse both hands with water</li> <li>-Dry your hands with paper towels and dispose of your towel in the trash.</li> </ul>	<ul style="list-style-type: none"> <li>-Every morning and every night before bed, you should brush your teeth for at least 2 minutes.</li> <li>-Get your toothbrush, put a little toothpaste on it. (Pea sized)</li> <li>-Brush your teeth- top, bottom, and sides.</li> <li>-Be sure to include your tongue.</li> </ul>	<ul style="list-style-type: none"> <li>-How do you feel after you've brushed your teeth?</li> <li>-It is very important that you stay on a daily routine during this difficult time.</li> </ul>