

Program: You Tube Activity: Triple Play

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

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