



ORAL HEALTH ACTIVITY SHEET – WHAT COLOR IS YOUR TOOTHBRUSH

PURPOSE OF ACTIVITY

This activity reinforces counting, sorting and color identification with toothbrushes. This is a good way to get preschool children interested in and acquainted with toothbrushes and toothbrushing.

AGE GROUP

Preschool, Ages 3-4

TIME ALLOTMENT

15-20 minutes

SUPPLIES NEEDED

- 10-15 plain toothbrushes in various colors or you can make laminated toothbrushes using included template. See resource section for information on ordering toothbrushes.
- Cups in different colors. The colors should match the colors of the toothbrushes you are using for the lesson. To reinforce color words, write the name of the color on the outside of the cup. If cups are unavailable, use paper plates with different colored toothbrushes glued on each plate.
- Copies of the toothbrush pattern for each child.

STEPS

1. Talk with children about what toothbrushes are used for. Ask them if they brush their teeth and ask them why they do.
2. Ask them if they have a toothbrush. Ask them to share what it looks like.
3. Ask them to describe what happens when they brush their teeth—do they use toothpaste, do their parents help them brush, and do they rinse after brushing?
4. Review the colors you are using in the lesson.
5. Working in pairs have the children
 - Count the toothbrushes.
 - Identify the color of each toothbrush.
 - Sort the different toothbrushes by placing them in the correct cup or on the correct plate.
6. When they are finished counting, identifying and sorting, give each child a plain toothbrush to color and decorate (use the included template). Encourage them to be creative!

RELATED RESOURCES

- **Brushing Well**, by Helen Frost
- **Brush, Brush, Brush!**, by Alicia Padron
- **Brush Your Teeth Please**, by Leslie McGuire

REINFORCING THE IDEAS

Display the decorated toothbrushes on a large bulletin board, titled: **Brush Your Teeth Twice A Day!**

PARENT INFORMATION

Send home the Parent Information sheet, **How to Choose the Right Toothbrush and Toothpaste for Your Preschooler.**

For more information on becoming a WellSpot, visit wellaheadla.com or email WellAhead@la.gov.

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