

Flossing Practice

Activity

Reinforce the importance of flossing while students learn and practice proper flossing technique. Enlist students' help to collect foam egg cartons – one carton for every two students. Cut off the carton lids; then cut the bottom of each carton in half lengthwise to create two rows of six egg-carton “teeth.” Give each student a row of “teeth,” an 18-inch length of floss or yarn, and two pieces of tape to secure each end of his/her “teeth” to the desktop. Demonstrate:

1. How to wrap the floss around the middle finger of each hand.
2. How to hold the floss with the index fingers and thumbs.
3. How to guide the floss gently between “teeth,” then pull the floss up, down and around to clean both sides of the teeth and the gum area. Send the egg-carton “teeth” home for continued practice and challenge students to practice on their real teeth, too!

Learning Objective

Reinforces students' understanding of how humans use our teeth while they learn more about the animal world

Materials

Foam egg cartons (one carton for every two students); dental floss or yarn; transparent or masking tape.

Preparation Time

30 minutes to gather materials and cut egg cartons.

Group Size

Small groups or class.