

dental health

CIRCLE TIME

5
LESSONS

circle time plans | songs | posters | activities | printables

Sequencing
Paste the pictures in order.

- 1
- 2
- 3

Trip to the Dentist
Color the picture.

Dentists
check and clean our teeth

What is Different?
Circle the picture that is different.

What Do We Use Teeth For?
Circle the actions we need teeth for.

Sorting Foods
Cut and paste the pictures in the correct box.

Good for my Teeth	Bad for my Teeth

Food that is Good for My Teeth

kale
cheese
apples
milk

How to Brush Your Teeth

- 1 Squeeze a pea-sized amount of toothpaste on your toothbrush.
- 2 Brush your front teeth using small circular movements.
- 3 Brush the top, bottom and back of your teeth.
- 4 Spit out all the toothpaste. Do not swallow any of it.
- 5 Rinse out your mouth with water.

Peek Inside a Tooth

Brush and Floss
Tune: This is the Way

This is the way we floss each day,
Floss each day, floss each day,
This is the way we floss each day.

Brush and Floss
Tune: This is the Way

This is the way we brush our teeth,
Brush our teeth, brush our teeth,
This is the way we brush our teeth,
To keep them nice and clean!

Dental Health

PRESCHOOL CIRCLE TIME

5 lesson plans | songs | posters | activities | printables

Sequencing
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1

2

3

Trip to the Dentist
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Peek Inside a Tooth

Dentist Tools

Brush and Floss

Tune: This is the Way

This is the way we floss each day,
Floss each day, floss each day,
This is the way we floss each day,
To keep the plaque away!

Brush and Floss

Tune: This is the Way

This is the way we brush our teeth,
Brush our teeth, brush our teeth,
This is the way we brush our teeth,
To keep them nice and clean!

teeth brushing chart

	1 WEEK	2 WEEK	3 WEEK	4 WEEK
MONDAY	☀️	☀️	☀️	☀️
TUESDAY	☀️	☀️	☀️	☀️
WEDNESDAY	☀️	☀️	☀️	☀️
THURSDAY	☀️	☀️	☀️	☀️
FRIDAY	☀️	☀️	☀️	☀️
SATURDAY	☀️	☀️	☀️	☀️
SUNDAY	☀️	☀️	☀️	☀️

Thank you for downloading this product; I hope you will enjoy using it and that it will be a valuable resource for you! I value your feedback, so please don't hesitate to contact me if you have any concerns whatsoever as I will endeavour to address them. And if you like what I've done, please let me know by leaving feedback at my online store :)

Lavinia

lavinia@kinder-resources.com

ILLUSTRATIONS Kari Bolt, Erin Colleen Design, Little Red, Whimsy Clips, PartyHead Graphics, Ramona Majdis, Zip-a-Dee-doo-dah-Designs, Bunny on a Cloud, Krista Wallden - Creative Clips, Creating4 the Classroom, Rainbow Sprinkle Studio - Sasha Mitten, First Class Clipart, ClipArtisan, Muggy Studio

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PRINTING TIP This resource has been designed for printing on A4-sized paper. If you are printing on a different size, select "shrink to printable area" or "print to fit page" (or a similar option) in order for the contents of this unit to print correctly.

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Introduction

Teaching young children about dental health is a fun and essential way to build lifelong habits for healthy teeth and gums. This week-long circle time plan is designed to engage preschoolers in interactive, hands-on activities that teach them about the importance of brushing, flossing, healthy food choices, and regular visits to the dentist. With creative crafts, sensory bins, role-playing, and storytime, children will explore dental hygiene in a playful and meaningful way. Each day features a unique theme with age-appropriate activities that combine literacy, fine motor skills, and health education, making learning about dental health both enjoyable and impactful!

What's Included:

1. Detailed Circle Time plans

Each day of the week is planned with a structured circle time agenda that includes:

- *Introduction:* A brief and captivating introduction to the daily theme, setting the stage for the day's activities.
- *Song:* A fun and educational song related to the daily theme, designed to engage children and reinforce learning through music and movement.
- *Read aloud and discussion:* A carefully selected picture book paired with thought-provoking discussion questions to enhance comprehension and encourage interaction.
- *Activities:* Creative and hands-on activities that complement the day's theme, fostering gross and fine motor skills, creativity, and critical thinking.

2. Posters and props

Enhance Circle Time with visual and tactile aids:

- *Posters:* Vibrant posters featuring the lyrics and illustrations for each daily song, making it easy for children to follow along and participate. The product also includes non-fiction posters, providing educational content alongside the fun.
- *Props:* Printable props related to each song and theme help bring the songs and stories to life and engage children in interactive play.

3. Printables for all activities:

Not all days include activities that require printables. However, optional printables are included for each day if you would like to use them. They include:

- Group activity printables
- Worksheets
- Craft templates

Why You'll Love This Resource:

- **Comprehensive and convenient learning:** A complete week of themed learning activities and resources in one packet.
- **Easy to use:** Detailed plans, printables, and props make it straightforward to create a dynamic and engaging circle time experience.
- **Educational and entertaining:** Each component is designed to be both educational and fun, keeping children excited and involved.

Happy Teaching :)

Dental Health

	Objective	Read Aloud	Activity
Day 1	<p>Introduction to Dental Health Children will understand the importance of their teeth by identifying their uses and learning about baby and adult teeth, as well as why dental care is essential.</p>	<p>Book: "The Tooth Book" by Dr. Seuss</p> <p>Discussion: Why we need teeth to eat, talk, and smile. What happens if we don't take care of our teeth.</p>	<p>Marshmallow Teeth Craft Children will build a mouth by adding marshmallow "teeth."</p> <p>Materials: Mouth printable, tongue printable, mini marshmallows, glue, scissors.</p>
Day 2	<p>Foods and Drinks for Healthy Teeth Children will differentiate between foods and drinks that are healthy or harmful for their teeth and recognize the benefits of drinking water for oral health.</p>	<p>Book: "Sugarbug Doug: All About Cavities, Plaque, and Teeth" by Dr. Ben Magleby</p> <p>Discussion: What happened to Sugarbug Doug. Foods and drinks help our teeth stay healthy.</p>	<p>Good vs. Bad Foods Sorting Children will sort food cards based on whether they are good or bad for teeth.</p> <p>Materials: Good and Bad Food printables (6 pages).</p>
Day 3	<p>How to Brush and Floss Children will learn the proper techniques for brushing and flossing their teeth, understand the importance of doing so twice a day, and identify the tools used for dental care.</p>	<p>Book: "Brush Your Teeth Please" by Leslie McGuire (Pop-up book)</p> <p>Discussion: Why is it important to brush your teeth for two minutes. What happens if we don't brush all parts of our teeth.</p>	<p>Brush and Floss Practice Children will practice brushing and flossing on hands-on models.</p> <p>Materials: Laminated teeth printable, dry erase marker, toothbrush, Duplo blocks, play dough, yarn.</p>
Day 4	<p>Visiting the Dentist Children will become familiar with the role of the dentist, the tools they use, and how visiting the dentist helps keep their teeth healthy and strong.</p>	<p>Book: "Going to the Dentist" by Anne Civardi</p> <p>Discussion: What the dentist did to help keep the character's teeth healthy. Tools dentists use.</p>	<p>Dentist Role-Play Children will take turns playing dentist, patient, and assistant in a pretend office.</p> <p>Materials: Dentist tools, chair, stuffed animals or dolls, masks, gloves.</p>
Day 5	<p>Losing a Tooth and the Tooth Fairy Children will explore the process of losing baby teeth and the transition to adult teeth, learn about the Tooth Fairy and related cultural traditions.</p>	<p>Book: "Llama, Llama Loose Tooth Drama" by Anna Dewdney</p> <p>Discussion: How Llama Llama felt about losing his tooth. What happens after a tooth falls out: visit from the tooth fairy.</p>	<p>Tooth Color Matching Sensory Bin Children will match colored tooth cutouts in a sensory bin.</p> <p>Materials: Sensory bin (filled with rice or cotton balls), colored tooth cutouts, matching cards, scoops.</p>

Dental Health

Day 3: How to Brush and Floss

Children will learn the proper techniques for brushing and flossing their teeth, understand the importance of doing so twice a day, and identify the tools used for dental care.

Introduction

Yesterday, we learned about the foods that are good and bad for our teeth. Today, we're going to talk about how to take care of our teeth by brushing and flossing. How many times a day do you think we should brush our teeth? Let's find out the best way to keep our teeth clean and healthy!

Song

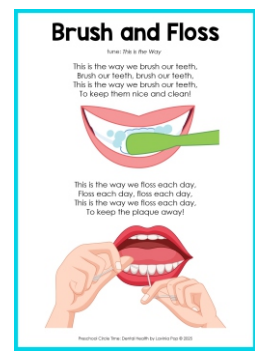
"Brush and Floss" (Tune: "This is the Way")

Prop: Toothbrush and yarn for dental floss

Actions:

Verse 1: Using the toothbrush, pretend to brush teeth with big circular motions as you sing.

Verse 2: Wrap the floss (yarn) around fingers and demonstrate gentle back-and-forth flossing motions between imaginary teeth.

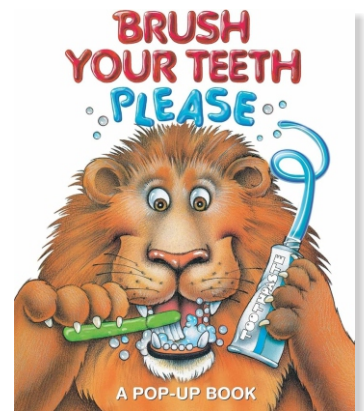


Read Aloud & Discussion

Book: "Brush Your Teeth Please" by Leslie McGuire (Pop-up book)

Before Reading: "How do you brush your teeth? This book is going to show us how to brush our teeth the right way!"

After Reading: "How did the characters in the story brush their teeth? Did they remember to brush the tops, backs, and fronts? Why is it important to brush your teeth for two minutes? What happens if we don't brush all parts of our teeth? Who can show me how you would brush your teeth at home?"



Activity

Brush and Floss Practice

Materials: Laminated printable of teeth, dry erase marker, toothbrush, Duplo blocks, pieces of yarn (around 12–18 inches long)

Instructions: *Brushing:* Draw "plaque" on the laminated teeth with a dry erase marker. Use a toothbrush to remove the marks with circular motions. *Flossing:* Press play dough between Duplo studs to mimic food. Use yarn to floss between the studs and remove the play dough.

Extension: Discuss how important it is to brush for two minutes twice a day, especially after meals. Explain why flossing is essential to clean between teeth where toothbrushes can't reach.

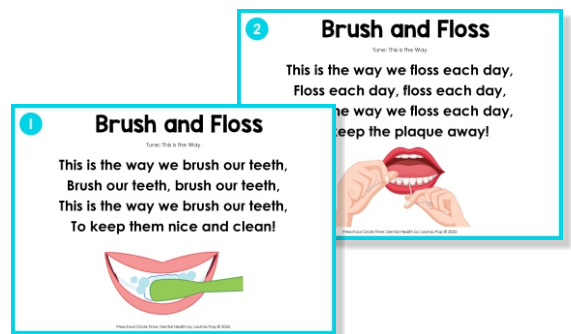
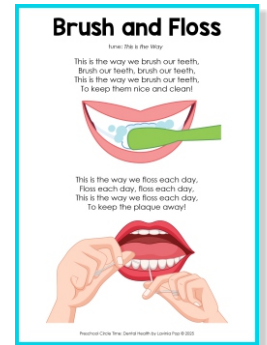
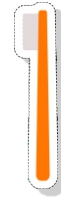


Dental Health

Circle Time Song Posters and Props

This section includes all song posters and props.

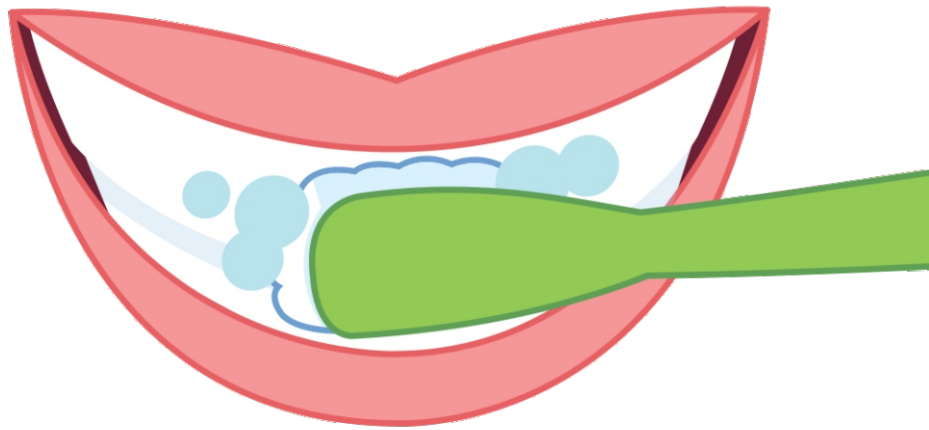
- *Brush and Floss* complete song poster
- *Brush and Floss* verse song posters
- Toothbrush prop



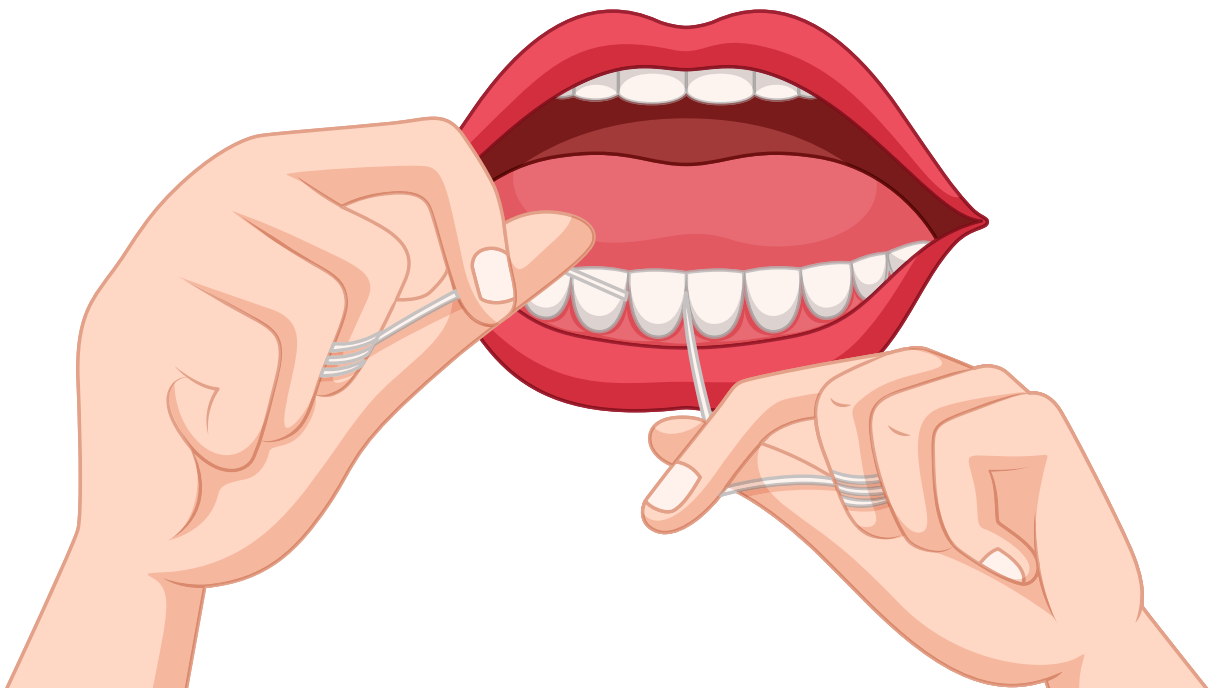
Brush and Floss

tune: *This is the Way*

This is the way we brush our teeth,
Brush our teeth, brush our teeth,
This is the way we brush our teeth,
To keep them nice and clean!



This is the way we floss each day,
Floss each day, floss each day,
This is the way we floss each day,
To keep the plaque away!

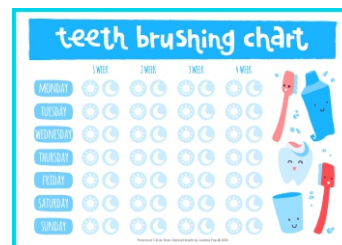
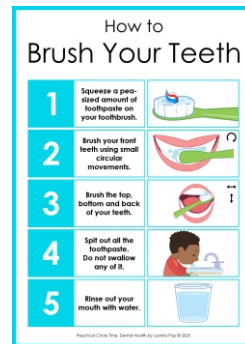
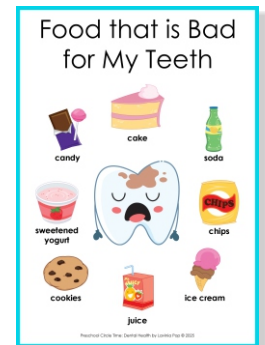
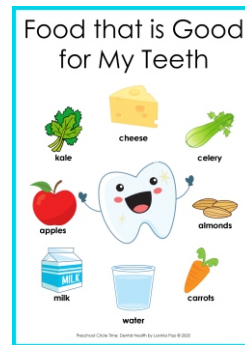
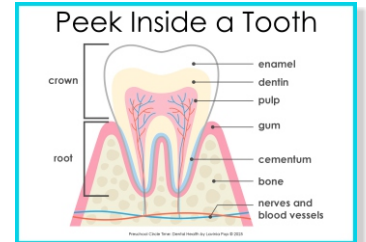


Dental Health

Classroom Posters

This section includes posters you might like to display in your classroom.

- How Many Teeth Do We Have?
- Peek Inside a Tooth
- Food that is Good for My Teeth
- Food that is Bad for My Teeth
- Keep Your Teeth Happy!
- How to Brush Your Teeth
- How to Floss Your Teeth
- Teeth Brushing Chart
- Dentist Tools



How to Floss Your Teeth

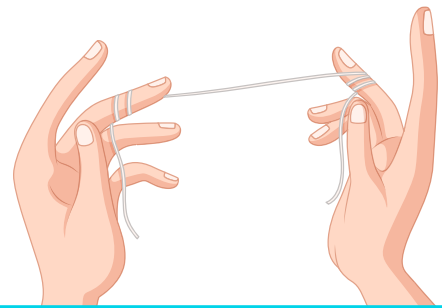
1

Break off about 18 inches of floss.



2

Wrap most of the floss around your middle fingers, leaving 2 inches to work with.



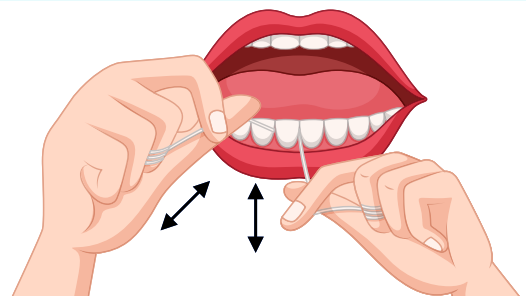
3

Gently slide the floss between your teeth to make a "C" shape.



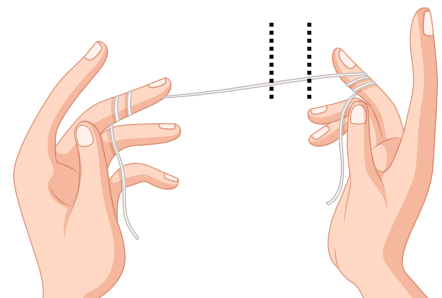
4

Slide the floss up and down the side of each tooth.



5

Use a clean section of floss for each tooth.



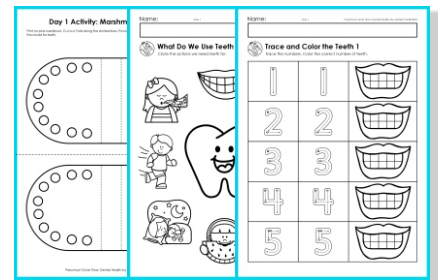
Dental Health

Activities & Worksheets

This section includes all the necessary lesson printables, along with some additional activities and worksheets. You can use these pages as outlined in the lesson plan or on different days, depending on your needs.

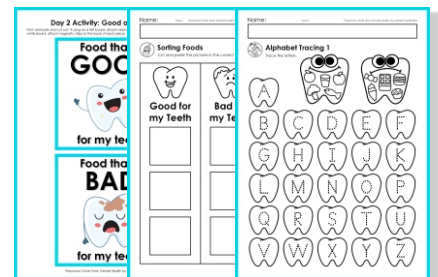
Day 1: Introduction to Dental Health

- **Lesson Activity:** Marshmallow Teeth (2 pages)
- *Additional Activity:* What Do We Use Teeth For?
- *Additional Activity:* Trace and Color the Teeth (2 pages)



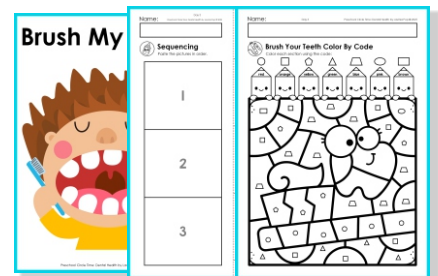
Day 2: Foods and Drinks for Healthy Teeth

- **Lesson Activity:** Good and Bad Food Sorting (5 pages)
- *Additional Activity:* Sorting: Good and Bad for My Teeth
- *Additional Activity:* Alphabet Tracing (2 pages)



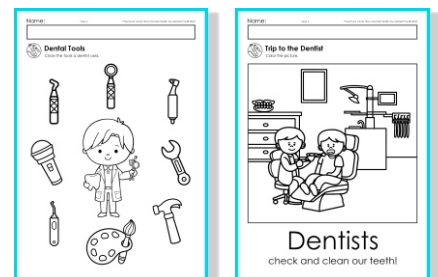
Day 3: How to Brush and Floss

- **Lesson Activity:** Brush My Teeth (2 pages)
- *Additional Activity:* Sequencing: Brushing Teeth
- *Additional Activity:* Color By Code: Brush Your Teeth



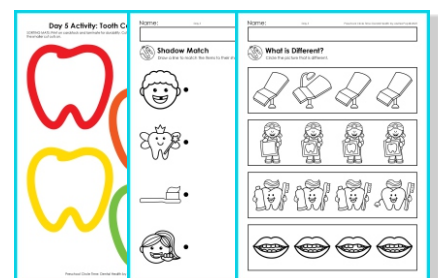
Day 4: Visiting the Dentist

- *Additional Activity:* Dental Tools
- *Additional Activity:* Trip to Dentist Coloring Page



Day 5: Losing a Tooth and the Tooth Fairy

- **Lesson Activity:** Tooth Color Sorting (5 pages)
- *Additional:* Shadow Match
- *Additional Activity:* What is Different?



Day 2 Additional Activity: Egg in Soda Experiment

Objective: Children will learn why brushing their teeth is essential, especially after eating or drinking sugary treats. Using eggs to represent tooth enamel, the class will see firsthand how sugary drinks can stain and damage teeth over time.



Materials:

- 2 hard-boiled eggs with white shells
- 2 clear cups (glass or plastic)
- Dark soda (e.g., cola or root beer)
- Water
- Toothbrush
- Toothpaste
- Printable science experiment worksheet (optional)



Instructions:

1. **Explain the Concept:** Begin by discussing with the class how our teeth are protected by a strong layer called enamel. Explain that the eggshell will represent enamel in this experiment.
2. **Introduce the Experiment:** Tell the class that the experiment will show what happens to teeth when sugary drinks are left on them for too long.
3. **Set Up:** Pour soda into one cup and water into the other. Place one hard-boiled egg in the soda and the other in the water.
4. **Observation:** Leave the eggs in their respective cups overnight.
5. **The Next Day:** Remove both eggs and observe the changes. The egg in the soda will be stained, showing the impact of sugar and dark drinks on teeth. The egg in water will remain unchanged, representing how water is safe for teeth.
6. **Brushing Demonstration:** Use a toothbrush and toothpaste to scrub the soda-stained egg. Let the class observe how brushing can help clean teeth and remove surface stains, but also emphasize the importance of brushing immediately to prevent deeper damage.

Discussion Questions:

- What do you think caused the egg in the soda to stain?
- How did brushing help the stained egg?
- Why is it important to drink water and brush your teeth after sugary drinks?
- Can you think of other things we can do to keep our teeth healthy?

1. **Extension Idea:** Have children fill out the science experiment worksheet.

Name:

Day 2

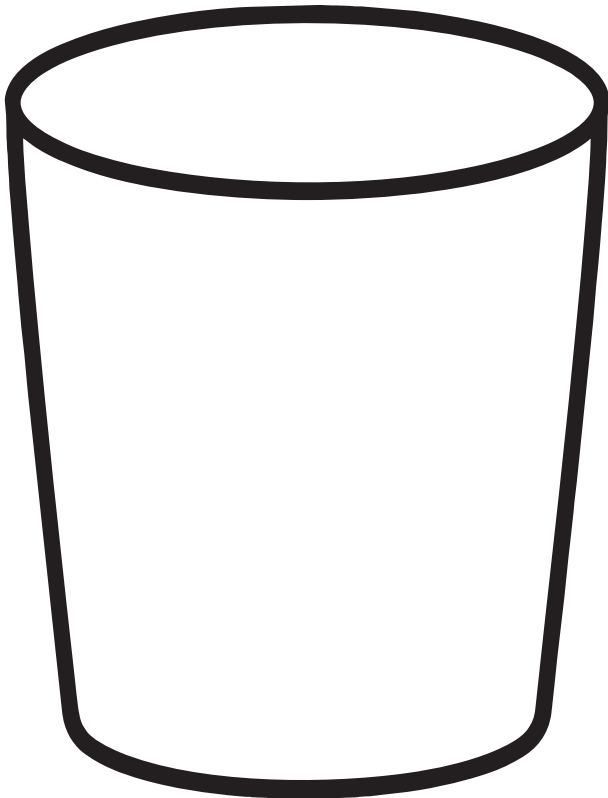
Preschool Circle Time: Dental Health by Lavinia Pop © 2025



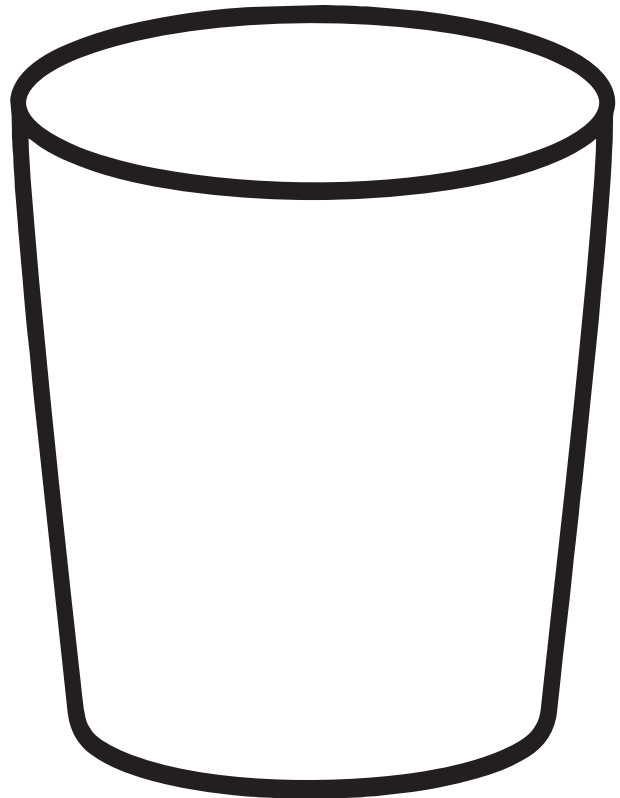
Egg in Soda Experiment

Draw and color a picture to show happened to each egg.

egg in water

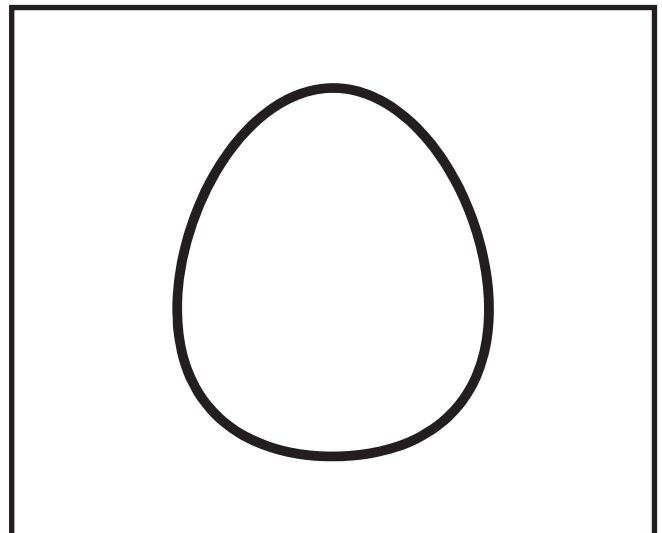
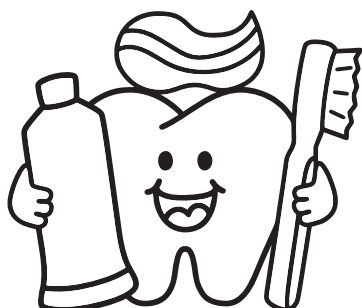


egg in soda



Egg in Soda Results

Color the picture of the egg to show how the egg in soda looked after it was taken out of the cup.



Brush My Teeth



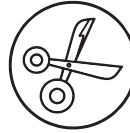
Name:



Sequencing

Paste the pictures in order.

1
2
3



Cut out the pictures and paste them to show the order of events for brushing your teeth.

