

LESSON TITLE: *A “Teeth Changing” Experience*

Recommended Grade Level: 1st Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill/General Health: Good dental hygiene

Character Focus: Developing self-discipline

Integrated Curriculum Concepts*:

- Language Arts: Active listening
- Math: Counting
- Health Sciences: Healthy living
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of dental health for long term nutritional health
- Identifying calcium-rich foods

What you need for the Lesson:

- *A “Teeth Changing” Experience!*
- Calci M. Bone Beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

Learning Activity:

- Companion Activity Book pgs. 11 and 12 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

Getting Ready:

- Read and familiarize yourself with the book.

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show the illustrations.

* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseguys.com/curriculum/>.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today, Calci is going to tell you a story about why it is so important to take care of your teeth! Listen up because I am going to ask some questions after Calci is done with her story.	Sit Calci next to you and read the book. (WITH ENTHUSIASM!)	Sit quietly and listen while teacher reads the book.
How many times a day do you brush your teeth?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How many times a day does Calci tell you to brush your teeth and when?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Have any of you ever seen “dentures” before? Tell me what you have to do so that you keep all of your teeth in your mouth.	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<p>Additional Nutrition Concepts: Which two calcium-rich foods did Grandma serve with her homemade apple pie? (See page 4.)</p> <p>On page 6 in the book, Calci dressed up for Halloween as a milk carton. Why do you think she likes milk so much?</p> <p>Why do you think it is so important to take care of your teeth now while you are young? Name some healthy fruits and veggies that would be hard to eat if you didn’t have teeth when you get older.</p> <p>(Answer: varies)</p>	Call on students who have raised their hands to answer the question.	Should be actively involved in the activity.

Optional Follow-up Activities:

- Use pgs. 11 and 12 in the Companion Activity Book (**if using companion activity books**) or download the Activities Sheets found beneath the book.
- View the three short videos (1-2 minutes) found below the Activity Sheets.