

SUGGESTIONS FOR LESSON PLAN

1. CLASS STUDY OF THE CHART. "Why do Teeth Ache?" By using a pointer and explaining the elements brought out in each illustration—the children can be given a complete unit from the chart. Encourage each pupil to come up after the lesson to study the chart at close range. Emphasize particularly the proper technique for *tooth brushing and gum massage*.

2. CLASS DRILL ON GUM MASSAGE. Demonstrate with forefingers outside the mouth the rotating motion so helpful in stimulating circulation in the gums. See page 3 for method of conducting daily class room gum massage drill. Do it to count or to music.

3. DAILY CHECK-UP ON CLASS HYGIENE RECORD. Appoint a monitor for each row to make the inspection and mark on the Record the number of points earned. This inspection

should be made early in the morning each day and followed by the gum massage drill.

4. DENTAL QUIZ. After the chart has been studied for a month and all the pupils have had an opportunity to look at it thoroughly, the Dental Quiz on page 5 should be given.

5. DENTAL CERTIFICATE AWARD. The pupils having fine records in dental care will be entitled to Dental Certificates. These awards may be made at the end of the term, or after several weeks of keeping the Hygiene Record. You can best decide when your pupils are ready for the award and have acquired good dental care habits.

6. SCHOOL-WIDE CONTEST. The whole school or several grades can take part in the Dental Contest by following the plan explained on page 4.



Material for several lessons in dental health appears on the chart. Here the teacher is pointing to the section showing why gum massage is an important aid to the brushing of the teeth. Then the children can study the chart individually in preparation for the Dental Health Quiz and the check-up for the 8-point Hygiene Record.



To help pupils understand the proper method of massage, the teacher conducts the gum massage drill, (showing the children with fingers outside the mouth how a rotating motion stimulates circulation in the gums). Then the same method is practised at home with brush or fingers inside the mouth.