

# LEARN TO FLOSS

Grade Level K-3



**Children should begin flossing as soon as they have two teeth that touch one another. A parent or adult caretaker should floss the child's teeth until they are old enough to floss effectively on their own. This activity is meant to show the importance of flossing.**

### Here's what you will need:

- Pink construction paper
- Play dough
- Egg carton
- Floss or yarn
- White paint

To start, cut apart an egg carton. Then paint some of them white. As you can see, we only used 8 of them.

Let them dry and then glue them down on the paper (you might want to back the construction paper with cardboard for strength) in the shape of a mouth. Add a tongue and draw around it so it looks more like a mouth. After everything is dried, put pieces of play dough in between the egg cartons to represent food that gets caught in our teeth.

When everything is ready, show what real floss looks like and what it is used for and how to use it. Then use the floss to get the play dough pieces out. Yarn could also be used if floss is too difficult.

## Floss Once a Day

Inspiration from: <https://teachingmama.org/flossing-activity-for-preschoolers/>



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