



Let's Get Flossing

A Fun, Hands-On Oral Health Activity for Community Organizations



OBJECTIVE

To demonstrate how brushing alone does not clean between teeth and to highlight the importance of flossing as part of a daily oral health routine.

PROGRAM OVERVIEW

Let's Get Flossing is a fun, hands-on activity that helps show why flossing is important for removing plaque and food particles from between teeth. This easy-to-run program is perfect for schools, afterschool programs, youth groups, health fairs, family events, and community organizations.



ArkansasFoundation



Let's Get Flossing



Healthy smiles need brushing *and* flossing! Brushing cleans the front, back, and top of teeth—but flossing cleans between teeth, where food and plaque often hide.

SUPPLIES NEEDED

Oversized Lego block • Play-Doh • Toothbrushes • Yarn or dental floss • Napkins or paper towels

DIRECTIONS

1. Take an oversized Lego and fill the crevices with some Play-Doh.
2. Explain to the student that the bumps in the Legos are just like teeth, and the spaces between each tooth are like gums.
3. Take a toothbrush and have the student brush the Lego teeth. They should not be able to remove the Play-Doh with the toothbrush.
4. When the student is done, show the Play-Doh remaining on the Lego and teach that this is what happens if you only brush. Then introduce the idea of flossing.
5. Unravel a piece of yarn and show the child how to wrap the floss around their fingers and work it in between each Lego tooth, loosening and removing the Play-Doh.
6. When the student is done, they should have a close-to-clean Lego or a clean smile
7. In addition to a proper oral health routine of brushing twice a day and flossing once a day, seeing the dentist twice a year is extremely important to maintain a healthy smile.