

## **Visiting The Dentist Drama - Primary 7, Lesson Plan 1**

The dentist is a person who looks after our mouths. Teeth are for life and can last a lifetime if they are looked after properly. The dentist can spot early signs of tooth decay and gum disease and provide treatment.

### **Activity**

Working in groups of 4 people, write a short drama (no longer than 5 minutes). The key oral health messages should be highlighted:

1. Brush teeth every morning and before bedtime with a pea sized amount of fluoride toothpaste
2. Avoid sugary foods and drinks between meals, choose healthy snacks
3. Visit the dentist regularly

### **Resources**

2 dental tunics

Gloves

Masks

Hand mirror

Toothbrush and paste

Book – Usbourne ‘Going To The Dentist’

### **Supportive Materials:**

Teeth TLC Posters & Postcards: ‘**Visit Your Dentist Regularly**’, ‘**Love Your Toothbrush**’, ‘**Don’t Let Bad Breath Ruin Your Chances**’ and ‘**Spit Don’t Rinse.**’