SEPTEMBER 2024

**EXPLORING ORAL HEALTH**

UNIT SCOPE AND SEQUENCE

The Exploring Oral Health unit aims to provide high school students with a comprehensive understanding of oral health, its significance in overall well-being, career opportunities in oral health, and the importance of equity and access in oral health care. Through a combination of theoretical knowledge, practical activities, and discussions, students will develop a deeper appreciation for why good oral health is vital and explore potential career paths in the field.

This unit can be added to NAF’s current courses - Anatomy & Physiology 1, Anatomy & Physiology 2, and Global Health. Educators are also permitted to infuse this unit with other curricula, such as PLTW, state health science coursework, and more. The anticipated time needed to deliver this unit is 16 50-minute class periods. (See the Unit Sequence on the next page.)

Throughout the unit students plan for their culminating project to be showcased during the final lesson. Students will have options to choose from, but it revolves around designing a oral health awareness campaign to address specific oral health issues and promote preventive measures. There are also formative assessments after each lesson to gauge understanding.

By the end of the unit, students will not only possess the knowledge and skills necessary for maintaining good oral health but also gain insight into the diverse career opportunities available in the field of oral health while being equipped with a sense of social responsibility towards improving equity and access in oral health care.

Supported by Delta Dental, NAF developed this unit in collaboration with experts in the dental industry, post-secondary institutions, as well as alumni and educators from NAF Health Science academies.



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| LESSON 1 - The Significance of Oral Health | | | | | | | | | | |
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*Estimated # of Class Periods: 1*

### Learning Objectives

* Understand the personal importance of oral health and its connection to overall wellness.
* Explore global statistics and the impact of oral health on populations worldwide.
* Learn about different innovations and diverse careers in the oral health field.

### Lesson Activity

| **ACTIVITY 1: ORAL HEALTH TRIVIA GAME (TEACHER LED)** |
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| *The teacher facilitates a trivia game to introduce students to oral health, its importance, and innovations and careers in the field. Questions will cover oral health facts and statistics, career opportunities, oral health technologies, and its impact on overall health. Some of the questions are open-ended, while others are multiple choice or true/false.* |

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| LESSON 2 - The Anatomy and Physiology of the Oral Cavity | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify the major structures of the oral cavity, including teeth, gums, tongue, salivary glands, and supporting bones.
* Describe the functions of each structure and its role in the digestive and respiratory systems.
* Understand the physiological processes related to the oral cavity, such as chewing, saliva production, and initial digestion.

### Lesson Activities

| **ACTIVITY 1: ORAL CAVITY STRUCTURE DISSECTION** | **ACTIVITY 2: THE ROLE OF SALIVA IN DIGESTION** |
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| *Students will explore the anatomy of the oral cavity through a 3D model or virtual dissection.* | *Students will learn the role of saliva in digestion and oral health through a hands-on experiment.* |
| **Virtual or Physical Model Exploration:**   * Using a virtual dissection tool or a 3D printed model of the oral cavity, students will examine the major structures (teeth, tongue, salivary glands, etc.) and learn their functions. * Provide students with a labeled diagram for reference.   **Group Discussion & Labeling (20 minutes):**   * Divide students into small groups to label and describe the functions of each part using their models or diagrams. * Groups will share key takeaways with the class. | **Saliva & Digestion Experiment (25 minutes):**   * Provide students with plain crackers. Instruct them to chew one cracker for 20 seconds and another for 2 minutes. * Have students observe how saliva breaks down the cracker over time. Ask them to notice the taste changes as enzymes break down carbohydrates.   **Class Discussion & Analysis (25 minutes):**   * Discuss how saliva contains enzymes like amylase that help in the early stages of digestion. * Have students share their observations, connecting the physiology of saliva to the digestive process. |

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| LESSON 3 - Common Oral Health Problems | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
* Recognize the role of diet and regular dental check-ups in promoting oral health.

### Lesson Activities

| **ACTIVITY 1: BRUSHING AND FLOSSING DEMONSTRATION & PRACTICE** | **ACTIVITY 2: ORAL HYGIENE TECHNIQUE STATIONS** |
| --- | --- |
| *Students will learn and practice proper brushing and flossing techniques.* | *Students will learn the role of saliva in digestion and oral health through a hands-on experiment.* |
| **Educator Demonstration (10 minutes):**   * Show a short video demonstrating the correct way to brush and floss, emphasizing brushing for two minutes, covering all surfaces of the teeth, and using gentle circular motions. * Use a dental model or large diagram to demonstrate the correct flossing technique: "wrap, slide, curve, and clean."   **Student Practice (30 minutes):**   * Provide each student with a toothbrush and floss (or have them simulate with their own materials). Have students practice brushing on dental models or using a simulation app if available. * Break the class into pairs to guide one another through proper flossing techniques, providing feedback based on the demonstration.   **Class Discussion (10 minutes):**   * Discuss common mistakes people make when brushing and flossing, such as using too much pressure or not flossing below the gumline. | **Instructions:**  * **Set Up:**   + Create 3 to 4 stations, each focused on a different aspect of oral hygiene. Include materials at each station such as dental models, tools (toothbrushes, floss, tongue scrapers, etc.), and educational posters. * **Station 1: Proper Brushing Technique (10 minutes)**   + Students will use a dental model and toothbrush to practice brushing techniques.   + A timer will be set to ensure they brush for a full 2 minutes while using circular motions on all surfaces of the teeth**.** * **Station 2: Flossing Mastery (10 minutes)**   + Students will practice flossing on dental models or partners using floss picks or traditional floss, ensuring they curve the floss around the teeth and reach below the gumline.   + Provide feedback forms to peers so students can reflect on their technique. * **Station 3: Tongue Cleaning & Mouthwash (10 minutes)**   + Introduce the concept of using a tongue scraper to remove bacteria and the importance of mouth rinsing with antiseptic mouthwash.   + Students will take turns demonstrating tongue scraping techniques using a model and discuss the benefits of mouthwash as an adjunct to brushing and flossing**.** * **Station 4: Dental Tools & Check-Up Simulation (10 minutes)**   + Present common tools used in professional cleanings (e.g., scaler, mirror, fluoride trays) and explain how they assist in deep cleaning.   + Have students role-play as dentists, explaining to a partner the use of each tool and the importance of professional cleanings. * **Station 5 (Optional): Plaque Disclosing Tablets (10 minutes)**   + If available, use plaque disclosing tablets to show students the areas they missed when brushing. This hands-on demonstration reinforces thorough cleaning.  **Debrief and Group Discussion (10 minutes):**  * After the stations, bring the students back together to reflect on their experience. Discuss which techniques surprised them, which they found the most difficult, and which they plan to incorporate into their routines. |

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| LESSON 4 - Causes and Preventions of Oral Health Issues | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
* Recognize the role of diet and regular dental check-ups in promoting oral health.

### Lesson Activities

| **ACTIVITY 1: BRUSHING AND FLOSSING DEMONSTRATION & PRACTICE** | **ACTIVITY 2: ORAL HYGIENE TECHNIQUE STATIONS** |
| --- | --- |
| *Students will learn and practice proper brushing and flossing techniques.* | *Students will learn the role of saliva in digestion and oral health through a hands-on experiment.* |
| **Educator Demonstration (10 minutes):**   * Show a short video demonstrating the correct way to brush and floss, emphasizing brushing for two minutes, covering all surfaces of the teeth, and using gentle circular motions. * Use a dental model or large diagram to demonstrate the correct flossing technique: "wrap, slide, curve, and clean."   **Student Practice (30 minutes):**   * Provide each student with a toothbrush and floss (or have them simulate with their own materials). Have students practice brushing on dental models or using a simulation app if available. * Break the class into pairs to guide one another through proper flossing techniques, providing feedback based on the demonstration.   **Class Discussion (10 minutes):**   * Discuss common mistakes people make when brushing and flossing, such as using too much pressure or not flossing below the gumline. | **Instructions:**  * **Set Up:**   + Create 3 to 4 stations, each focused on a different aspect of oral hygiene. Include materials at each station such as dental models, tools (toothbrushes, floss, tongue scrapers, etc.), and educational posters. * **Station 1: Proper Brushing Technique (10 minutes)**   + Students will use a dental model and toothbrush to practice brushing techniques.   + A timer will be set to ensure they brush for a full 2 minutes while using circular motions on all surfaces of the teeth**.** * **Station 2: Flossing Mastery (10 minutes)**   + Students will practice flossing on dental models or partners using floss picks or traditional floss, ensuring they curve the floss around the teeth and reach below the gumline.   + Provide feedback forms to peers so students can reflect on their technique. * **Station 3: Tongue Cleaning & Mouthwash (10 minutes)**   + Introduce the concept of using a tongue scraper to remove bacteria and the importance of mouth rinsing with antiseptic mouthwash.   + Students will take turns demonstrating tongue scraping techniques using a model and discuss the benefits of mouthwash as an adjunct to brushing and flossing**.** * **Station 4: Dental Tools & Check-Up Simulation (10 minutes)**   + Present common tools used in professional cleanings (e.g., scaler, mirror, fluoride trays) and explain how they assist in deep cleaning.   + Have students role-play as dentists, explaining to a partner the use of each tool and the importance of professional cleanings. * **Station 5 (Optional): Plaque Disclosing Tablets (10 minutes)**   + If available, use plaque disclosing tablets to show students the areas they missed when brushing. This hands-on demonstration reinforces thorough cleaning.  **Debrief and Group Discussion (10 minutes):**  * After the stations, bring the students back together to reflect on their experience. Discuss which techniques surprised them, which they found the most difficult, and which they plan to incorporate into their routines. |

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| LESSON 5 - Proper Oral Hygiene Techniques | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
* Recognize the role of diet and regular dental check-ups in promoting oral health.

### Lesson Activities

| **ACTIVITY 1: BRUSHING AND FLOSSING DEMONSTRATION & PRACTICE** | **ACTIVITY 2: ORAL HYGIENE TECHNIQUE STATIONS** |
| --- | --- |
| *Students will learn and practice proper brushing and flossing techniques.* | *Students will learn the role of saliva in digestion and oral health through a hands-on experiment.* |
| **Educator Demonstration (10 minutes):**   * Show a short video demonstrating the correct way to brush and floss, emphasizing brushing for two minutes, covering all surfaces of the teeth, and using gentle circular motions. * Use a dental model or large diagram to demonstrate the correct flossing technique: "wrap, slide, curve, and clean."   **Student Practice (30 minutes):**   * Provide each student with a toothbrush and floss (or have them simulate with their own materials). Have students practice brushing on dental models or using a simulation app if available. * Break the class into pairs to guide one another through proper flossing techniques, providing feedback based on the demonstration.   **Class Discussion (10 minutes):**   * Discuss common mistakes people make when brushing and flossing, such as using too much pressure or not flossing below the gumline. | **Instructions:**  * **Set Up:**   + Create 3 to 4 stations, each focused on a different aspect of oral hygiene. Include materials at each station such as dental models, tools (toothbrushes, floss, tongue scrapers, etc.), and educational posters. * **Station 1: Proper Brushing Technique (10 minutes)**   + Students will use a dental model and toothbrush to practice brushing techniques.   + A timer will be set to ensure they brush for a full 2 minutes while using circular motions on all surfaces of the teeth**.** * **Station 2: Flossing Mastery (10 minutes)**   + Students will practice flossing on dental models or partners using floss picks or traditional floss, ensuring they curve the floss around the teeth and reach below the gumline.   + Provide feedback forms to peers so students can reflect on their technique. * **Station 3: Tongue Cleaning & Mouthwash (10 minutes)**   + Introduce the concept of using a tongue scraper to remove bacteria and the importance of mouth rinsing with antiseptic mouthwash.   + Students will take turns demonstrating tongue scraping techniques using a model and discuss the benefits of mouthwash as an adjunct to brushing and flossing**.** * **Station 4: Dental Tools & Check-Up Simulation (10 minutes)**   + Present common tools used in professional cleanings (e.g., scaler, mirror, fluoride trays) and explain how they assist in deep cleaning.   + Have students role-play as dentists, explaining to a partner the use of each tool and the importance of professional cleanings. * **Station 5 (Optional): Plaque Disclosing Tablets (10 minutes)**   + If available, use plaque disclosing tablets to show students the areas they missed when brushing. This hands-on demonstration reinforces thorough cleaning.  **Debrief and Group Discussion (10 minutes):**  * After the stations, bring the students back together to reflect on their experience. Discuss which techniques surprised them, which they found the most difficult, and which they plan to incorporate into their routines. |

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| LESSON 6 - The Role of Nutrition in Health | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
* Recognize the role of diet and regular dental check-ups in promoting oral health.

### Lesson Activities

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| LESSON 7 - Tools & Resources to Support Patient Care | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
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### Lesson Activities

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| LESSON 8 - Exploring the Future of Oral Health | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
* Recognize the role of diet and regular dental check-ups in promoting oral health.

### Lesson Activities

| **ACTIVITY 1: BRUSHING AND FLOSSING DEMONSTRATION & PRACTICE** | **ACTIVITY 2: ORAL HYGIENE TECHNIQUE STATIONS** |
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| *Students will learn and practice proper brushing and flossing techniques.* | *Students will learn the role of saliva in digestion and oral health through a hands-on experiment.* |
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| LESSON 9 - Barriers & Disparities in Oral Health | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
* Recognize the role of diet and regular dental check-ups in promoting oral health.

### Lesson Activities

| **ACTIVITY 1: BRUSHING AND FLOSSING DEMONSTRATION & PRACTICE** | **ACTIVITY 2: ORAL HYGIENE TECHNIQUE STATIONS** |
| --- | --- |
| *Students will learn and practice proper brushing and flossing techniques.* | *Students will learn the role of saliva in digestion and oral health through a hands-on experiment.* |
| **Educator Demonstration (10 minutes):**   * Show a short video demonstrating the correct way to brush and floss, emphasizing brushing for two minutes, covering all surfaces of the teeth, and using gentle circular motions. * Use a dental model or large diagram to demonstrate the correct flossing technique: "wrap, slide, curve, and clean."   **Student Practice (30 minutes):**   * Provide each student with a toothbrush and floss (or have them simulate with their own materials). Have students practice brushing on dental models or using a simulation app if available. * Break the class into pairs to guide one another through proper flossing techniques, providing feedback based on the demonstration.   **Class Discussion (10 minutes):**   * Discuss common mistakes people make when brushing and flossing, such as using too much pressure or not flossing below the gumline. | **Instructions:**  * **Set Up:**   + Create 3 to 4 stations, each focused on a different aspect of oral hygiene. Include materials at each station such as dental models, tools (toothbrushes, floss, tongue scrapers, etc.), and educational posters. * **Station 1: Proper Brushing Technique (10 minutes)**   + Students will use a dental model and toothbrush to practice brushing techniques.   + A timer will be set to ensure they brush for a full 2 minutes while using circular motions on all surfaces of the teeth**.** * **Station 2: Flossing Mastery (10 minutes)**   + Students will practice flossing on dental models or partners using floss picks or traditional floss, ensuring they curve the floss around the teeth and reach below the gumline.   + Provide feedback forms to peers so students can reflect on their technique. * **Station 3: Tongue Cleaning & Mouthwash (10 minutes)**   + Introduce the concept of using a tongue scraper to remove bacteria and the importance of mouth rinsing with antiseptic mouthwash.   + Students will take turns demonstrating tongue scraping techniques using a model and discuss the benefits of mouthwash as an adjunct to brushing and flossing**.** * **Station 4: Dental Tools & Check-Up Simulation (10 minutes)**   + Present common tools used in professional cleanings (e.g., scaler, mirror, fluoride trays) and explain how they assist in deep cleaning.   + Have students role-play as dentists, explaining to a partner the use of each tool and the importance of professional cleanings. * **Station 5 (Optional): Plaque Disclosing Tablets (10 minutes)**   + If available, use plaque disclosing tablets to show students the areas they missed when brushing. This hands-on demonstration reinforces thorough cleaning.  **Debrief and Group Discussion (10 minutes):**  * After the stations, bring the students back together to reflect on their experience. Discuss which techniques surprised them, which they found the most difficult, and which they plan to incorporate into their routines. |

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| LESSON 10 - Overcoming Barriers & Disparities in Oral Health | | | | | | | | | | |
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*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
* Recognize the role of diet and regular dental check-ups in promoting oral health.

### Lesson Activities

| **ACTIVITY 1: BRUSHING AND FLOSSING DEMONSTRATION & PRACTICE** | **ACTIVITY 2: ORAL HYGIENE TECHNIQUE STATIONS** |
| --- | --- |
| *Students will learn and practice proper brushing and flossing techniques.* | *Students will learn the role of saliva in digestion and oral health through a hands-on experiment.* |
| **Educator Demonstration (10 minutes):**   * Show a short video demonstrating the correct way to brush and floss, emphasizing brushing for two minutes, covering all surfaces of the teeth, and using gentle circular motions. * Use a dental model or large diagram to demonstrate the correct flossing technique: "wrap, slide, curve, and clean."   **Student Practice (30 minutes):**   * Provide each student with a toothbrush and floss (or have them simulate with their own materials). Have students practice brushing on dental models or using a simulation app if available. * Break the class into pairs to guide one another through proper flossing techniques, providing feedback based on the demonstration.   **Class Discussion (10 minutes):**   * Discuss common mistakes people make when brushing and flossing, such as using too much pressure or not flossing below the gumline. | **Instructions:**  * **Set Up:**   + Create 3 to 4 stations, each focused on a different aspect of oral hygiene. Include materials at each station such as dental models, tools (toothbrushes, floss, tongue scrapers, etc.), and educational posters. * **Station 1: Proper Brushing Technique (10 minutes)**   + Students will use a dental model and toothbrush to practice brushing techniques.   + A timer will be set to ensure they brush for a full 2 minutes while using circular motions on all surfaces of the teeth**.** * **Station 2: Flossing Mastery (10 minutes)**   + Students will practice flossing on dental models or partners using floss picks or traditional floss, ensuring they curve the floss around the teeth and reach below the gumline.   + Provide feedback forms to peers so students can reflect on their technique. * **Station 3: Tongue Cleaning & Mouthwash (10 minutes)**   + Introduce the concept of using a tongue scraper to remove bacteria and the importance of mouth rinsing with antiseptic mouthwash.   + Students will take turns demonstrating tongue scraping techniques using a model and discuss the benefits of mouthwash as an adjunct to brushing and flossing**.** * **Station 4: Dental Tools & Check-Up Simulation (10 minutes)**   + Present common tools used in professional cleanings (e.g., scaler, mirror, fluoride trays) and explain how they assist in deep cleaning.   + Have students role-play as dentists, explaining to a partner the use of each tool and the importance of professional cleanings. * **Station 5 (Optional): Plaque Disclosing Tablets (10 minutes)**   + If available, use plaque disclosing tablets to show students the areas they missed when brushing. This hands-on demonstration reinforces thorough cleaning.  **Debrief and Group Discussion (10 minutes):**  * After the stations, bring the students back together to reflect on their experience. Discuss which techniques surprised them, which they found the most difficult, and which they plan to incorporate into their routines. |

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| LESSON 11 - Culminating Oral Health Project (Optional) & Reflection | | | | | | | | | | |
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|  | | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** |
|  |  |  |  |  |  |  |  |  |  |  |

*Estimated # of Class Periods: 2*

### Learning Objectives

* Identify and demonstrate proper brushing and flossing techniques.
* Explain the importance of maintaining good oral hygiene for overall health.
* Recognize the role of diet and regular dental check-ups in promoting oral health.

### Lesson Activities

| **ACTIVITY 1: BRUSHING AND FLOSSING DEMONSTRATION & PRACTICE** | **ACTIVITY 2: ORAL HYGIENE TECHNIQUE STATIONS** |
| --- | --- |
| *Students will learn and practice proper brushing and flossing techniques.* | *Students will learn the role of saliva in digestion and oral health through a hands-on experiment.* |
| **Educator Demonstration (10 minutes):**   * Show a short video demonstrating the correct way to brush and floss, emphasizing brushing for two minutes, covering all surfaces of the teeth, and using gentle circular motions. * Use a dental model or large diagram to demonstrate the correct flossing technique: "wrap, slide, curve, and clean."   **Student Practice (30 minutes):**   * Provide each student with a toothbrush and floss (or have them simulate with their own materials). Have students practice brushing on dental models or using a simulation app if available. * Break the class into pairs to guide one another through proper flossing techniques, providing feedback based on the demonstration.   **Class Discussion (10 minutes):**   * Discuss common mistakes people make when brushing and flossing, such as using too much pressure or not flossing below the gumline. | **Instructions:**  * **Set Up:**   + Create 3 to 4 stations, each focused on a different aspect of oral hygiene. Include materials at each station such as dental models, tools (toothbrushes, floss, tongue scrapers, etc.), and educational posters. * **Station 1: Proper Brushing Technique (10 minutes)**   + Students will use a dental model and toothbrush to practice brushing techniques.   + A timer will be set to ensure they brush for a full 2 minutes while using circular motions on all surfaces of the teeth**.** * **Station 2: Flossing Mastery (10 minutes)**   + Students will practice flossing on dental models or partners using floss picks or traditional floss, ensuring they curve the floss around the teeth and reach below the gumline.   + Provide feedback forms to peers so students can reflect on their technique. * **Station 3: Tongue Cleaning & Mouthwash (10 minutes)**   + Introduce the concept of using a tongue scraper to remove bacteria and the importance of mouth rinsing with antiseptic mouthwash.   + Students will take turns demonstrating tongue scraping techniques using a model and discuss the benefits of mouthwash as an adjunct to brushing and flossing**.** * **Station 4: Dental Tools & Check-Up Simulation (10 minutes)**   + Present common tools used in professional cleanings (e.g., scaler, mirror, fluoride trays) and explain how they assist in deep cleaning.   + Have students role-play as dentists, explaining to a partner the use of each tool and the importance of professional cleanings. * **Station 5 (Optional): Plaque Disclosing Tablets (10 minutes)**   + If available, use plaque disclosing tablets to show students the areas they missed when brushing. This hands-on demonstration reinforces thorough cleaning.  **Debrief and Group Discussion (10 minutes):**  * After the stations, bring the students back together to reflect on their experience. Discuss which techniques surprised them, which they found the most difficult, and which they plan to incorporate into their routines. |