

Help clean the Sugar Monster's teeth—A flossing activity

Flossing is an essential part of taking care of teeth. In fact, it is a crucial step for removing small food particles and plaque that has built up between the teeth that a toothbrush can't reach. This Do It Together oral health activity, not only provides the opportunity to learn about healthy oral habits, but also crosses domains of early learning to help young children strengthen fine motor skills.

Materials: Printable template, crayons, scissors, glue or tape, dental floss



Step 1

Print, color and cut the Sugar Monster template. Use the provided paragraph on the Sugar Monster template to explain to your children who the Sugar Monster is and why he is a friend to Choosy.



Step 2

Cut a paper or styrofoam plate to fit the Sugar Monster template. Then make small cuts to create teeth on the plate.



Step 3

Cut out the germs and place in between the cuts on the plate. Take a piece of dental floss and begin flossing away the germs.



Help clean the Sugar Monster's teeth—A flossing activity

The Sugar Monster is not at all scary. He just eats and drinks way too much sugar. The Sugar Monster is a friend to Choosy because he helps Choosy teach children about food and drinks that are healthy and not so healthy because they have too much sugar.

