

ENGLISH:**Introduction:**

Start off by introducing each of yourselves. One person will begin and the rest should follow. Hello, my name is _____. Then, the first person will continue with: How are you all today? Wait for a response, then continue with: We are here to talk about the importance of maintaining a clean body. Being clean is super important because we want to prevent infections and dirt from reaching the body. We are going to demonstrate easy ways to do it. Let's start with brushing and flossing.

Brushing and Flossing:**Brushing**

This is where you will use the egg carton mouth model and demonstrate these steps as you go. You will want to practice this is as if you are with the kids so that the flow is more natural. To properly brush teeth, put a small amount of toothpaste on the brush and angle the toothbrush towards the gums of the upper and lower teeth. The toothbrush should be moved gently in a back-and-forth motion with short strokes along the teeth and gums. The strokes should be in circles. This is where you will exhibit circular motions with the toothbrush/paintbrush, minus the paint. This technique should be continued along the inside and outside parts of the teeth. The tip of the brush should be placed in an upright position to reach behind the front teeth on the top and bottom. Brush the tongue to remove bacteria on the surface. It is important to brush for a total of two minutes, at least once a day. If you do not have toothpaste, you can use salt and mix it with water instead to brush your teeth. Then, they will be asked the following question: why is it important to brush your teeth? Wait for their response. If you do not understand what they say, the translator or someone in your group may know. You can nod yes or just continue with the answer: We want to remove plaque, a sticky, harmful film of bacteria that grows on your teeth that causes cavities, gum disease and eventual tooth loss if not controlled. It is very bad.

Optional---To summarize and serve as a recap, you can say, rap, or sing them the following song after the entire spiel:

Brush, brush, brush your teeth. To the front, to the back, gums, and the tongue. Three times, three times, three times every day. In circles, in circles, after you eat.

We will now let them play with the model. You will say: Who wants to practice brushing on the model? Usually after the first volunteer comes up, the rest want to join. They will have a toothbrush/paintbrush they can dip in a provided paint pot, and then practice brushing the teeth in circles.

Flossing

We are going to move onto flossing. Flossing removes bacteria that come before plaque. This eventually causes the damage that leads to decay and tooth loss. And we do not want to lose our teeth, right? In order to floss, we want to take the string and wrap it around our fingers. Then we will take the string and put it between each set of two teeth. We will rub the floss between teeth to remove the bacteria. This should be continued around the entire mouth. *During this time, another person in your group will demonstrate flossing on the model. We won't ask for volunteers on this for time's sake, but if someone really wants to practice on the model, that is fine.*

Washing Hands

You will start off by saying: Now, we will talk about washing our hands. Raise your hand if you wash your hands. It is important to wash your hands when coming in from outside, before eating food, before preparing a meal, and after using the restroom. It is very easy for gross bacteria to build up on your hands and so we want to use soap and scrub the front and back for at least twenty seconds. You should wash between fingers (*demonstrate while explaining where to wash*) and underneath fingernails on both sides of your hands in a circular motion.

Fluoride Treatment (ALL)

This is where you will divide and each take an equal amount of the kids and put the provided fluoride treatment on them. It is easiest to line them along a bench or just have them all sitting somewhere in one line. The fluoride treatment is just a little toothbrush that you use to "paint" on the fluoride.

You will say: Now, we are going to put fluoride on your teeth. It makes them stronger and protects them from dirty things entering your mouth. Everyone please sit patiently in the line and we will come to you.

While putting the fluoride on each of the kids, you should say: Remember, do not eat or drink anything for thirty minutes or else the treatment will go bad. It is very important!

Good vs. Bad Habits (ALL)

This is where the soccer game will come into play and is the last part of Charla. Everyone will form a circle around one of the Brigaders who stands in the center. The Brigader in the center will start out with the soccer ball and hold up provided flash cards that have good and bad habits. The Brigader will read out the name of the item/habit and the kids are expected to answer as to whether it is a good/bad habit. The first person to get it correct gets the ball passed to them. Then the cycle continues until the cards run out. The other Brigaders are just expected to encourage participation and serve as positive reinforcement for when it is correct. This is also a great opportunity to hand out prizes (candy, balls, stickers, etc.) for answering, which can be done by the other two Brigaders.

Here is how to explain the game to the kids in Spanish: Let's form a circle to play a soccer game. There will be one person in the center. The person in the center will hold up cards with good and

bad habits, and it is up to you all to figure out if they are good or bad. Whoever gets the answer correct will get a prize and the ball will be passed to them. Be sure to answer if you want prizes!

Common phrase: Pass the ball to her/him, please.

Remember:

*-You are making the experience for these kids, so be sure to be engaging and as minimally awkward as possible. Practice saying your part on the plane if you have to, and if the person on the plane next to you is the one practicing, **hype** them up.*

-This is a guideline. If you feel that there is a more natural way to say something, feel free to say it that way.

-Make sure to divide the parts up equally within your groups. You have been given the tools for the presentation, but it is up to you to carry it out.

-You are more than capable, regardless of your skill level, of delivering a presentation in Spanish. Use note cards and cues if necessary.

Suggested Splitting of Parts for Group of 3:

1. Introduction, Washing Hands, Flossing
2. Brushing
3. Good vs. Habits, Fluoride Treatment

Suggested Splitting of Parts for Group of 4:

4. Introduction, Washing Hands
5. Brushing
6. Flossing, Fluoride Treatment
7. Good vs. Habits

Suggested Splitting of Parts for Group of 5:

1. Introduction, Washing Hands
2. Brushing – Part 1
3. Brushing – Part 2
4. Flossing, Fluoride Treatment
5. Good vs. Habits