

**45 min**

Science  
Workshop



**Ages  
3-8**

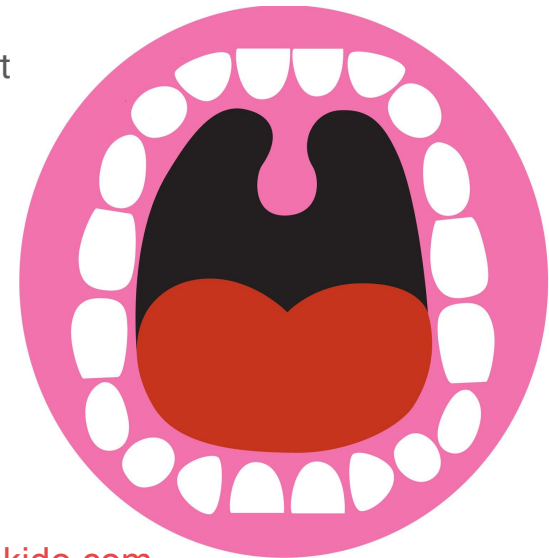
# Learn-Through-Play Workshop

**This OKIDO downloadable workshop is designed for families and can be easily delivered in the home by YOU. It is designed in collaboration with the British Science Association and follows learning to facilitate Early Years and KS1 development using easy-to-find objects from around the home.**

This 45 minute learn-through-play workshop includes:

- Watch an episode of Messy goes to OKIDO together
- Discuss the science with easy-to-follow pointers around the subject
- Complete a make-and-do science activity
- Reinforce the learning with a fun, follow-up worksheet

Theme - **My body**  
Subject - **Teeth**



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### Watch and learn together

Together with your child, watch this 10-minute episode of Messy goes to OKIDO - 'Cavity Cave'.

[Link to Cavity Cave episode](#)

Messy Monster wants to know why he must brush his teeth with a toothbrush and toothpaste rather than just cleaning them with water? So off he goes to OKIDO to see if he can get some help.

Messy and the gang find Rocky has a toothache caused by the moss munchers on his teeth! In this episode we focus on the health benefits of brushing our teeth, and we explain how to do it properly, and what happens if we don't - that a sticky substance called **plaque** can build up. We introduce children to bacteria, which is attracted to the plaque and what it can do to our teeth.

### Talk about the science

Right after watching, ask your child some questions about what they've seen:

- What's wrong with Rocky?
- Where do Messy and his friends put the moss?
- How do they stop the moss coming back to Rocky's mouth?

Now talk to your child about what they've learned about teeth:

- What do we use to brush our teeth?
- What's the name of the sticky substance that collects on our teeth if we don't clean them?

*If your child asks a question that you don't know the answer to - just investigate together to find out!*

Don't worry - all the information you need to know is explained in the episode : )



New words: Plaque

### Now make a set of lower teeth

You will need:

- Some kind of modelling clay - Playdough, Plasticine, Fimo etc

First, go and brush your teeth! This is a great start to the activity and healthy tooth brushing is a wonderful **life skill** that will keep your child's mouth healthy. Focus on looking at the lower set as these are often easier to see in the mirror.

- Use the template on the following page to help understand how many teeth are in a child's mouth.
- Make the tongue and jaw shape first using red or pink modelling clay.
- Next make all the teeth you need using white modelling clay and put them in the correct place.

Children have 20 teeth - 10 on the upper set and 10 on the lower set.

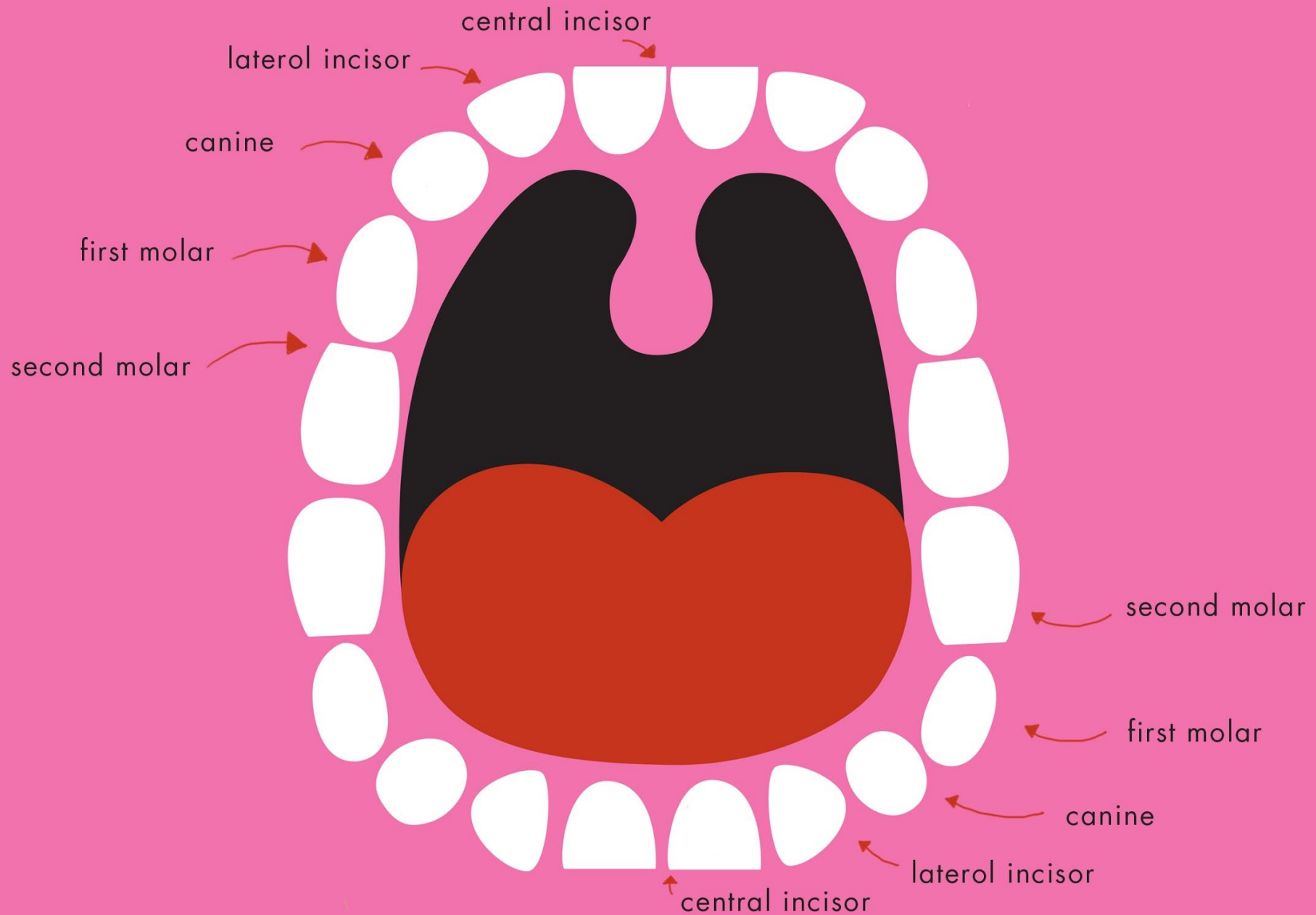
### Experimenting and data collecting

- You can make both an upper set and a lower set
- Put them together like a mouth and leave in the bathroom : )

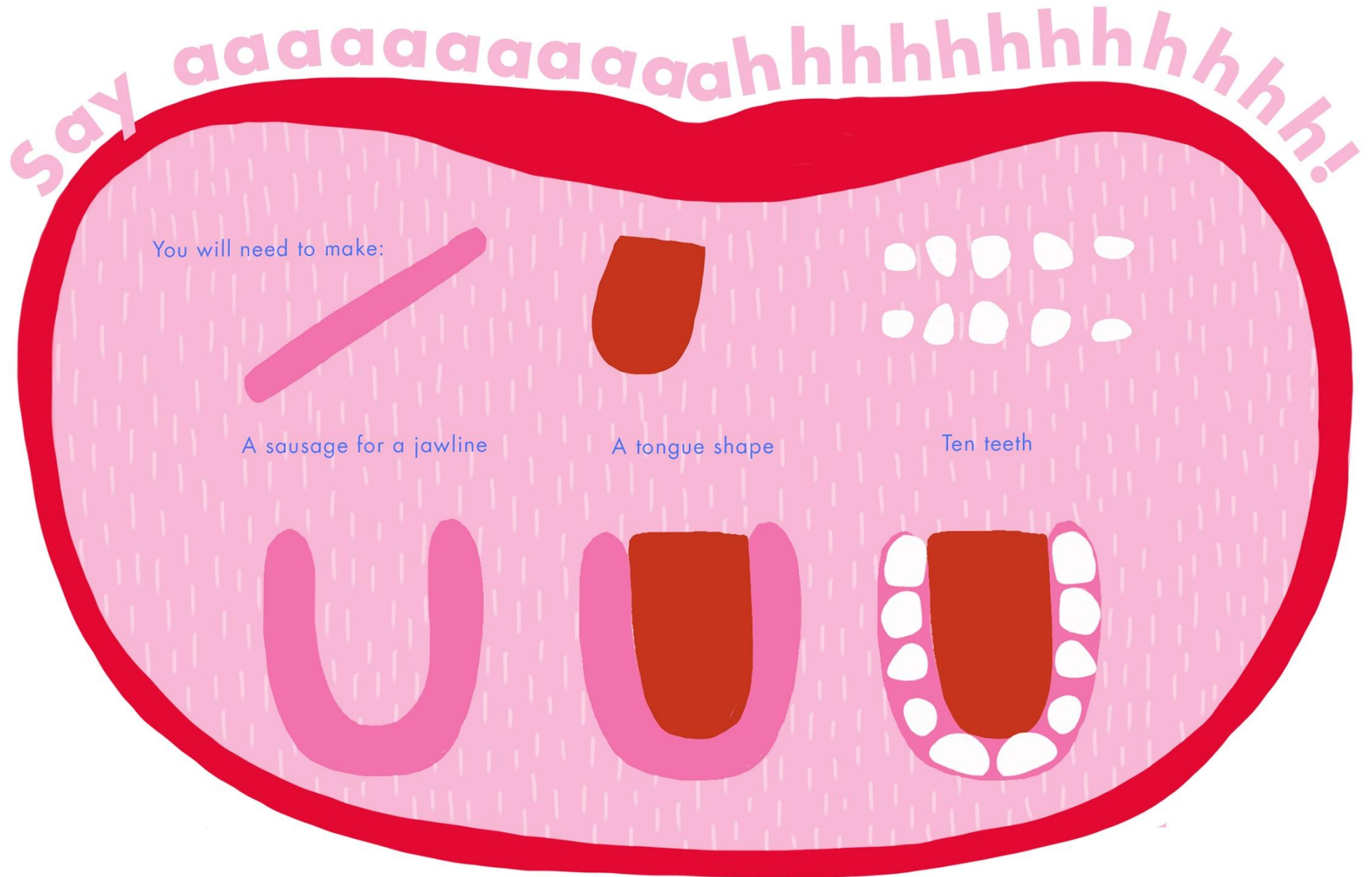
Try to teach older children the correct words for each tooth. The next time they visit the dentist they will be able to show them what they have learned.

Have younger children count their teeth as they are making them. The dentist will do this when they visit and it will prepare them for what shouldn't be a worrying trip. The dentist is there to help us all stay healthy.

Make a tooth diary! Have your child keep a notebook throughout their childhood and make a note of when they lose and gain new teeth. This is scientific data collection so let your child know how important this sort of record is. It can be in a special tiny 'tooth book', which they keep next to their bed. It's also fun to record what the tooth fairy leaves them : )



Make a set of teeth

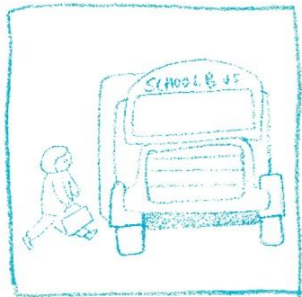
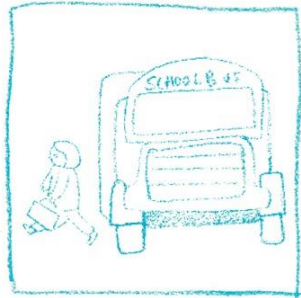
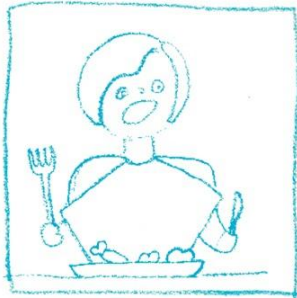
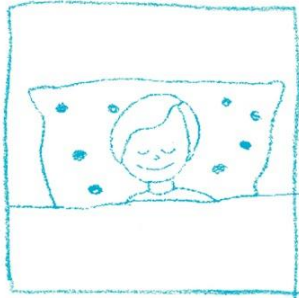
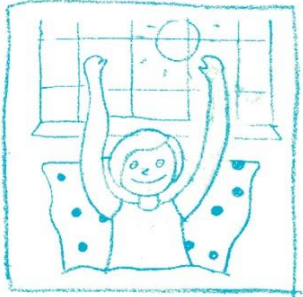


Share your images with us at #okidoworkshop



## Daily routine mix-up

Colour-in the images and put them in the right order.



## Clean your teeth!!!

Here are your teeth. You've just had dinner. Use a pencil to draw the food stuck between your teeth! Then brush your teeth by rubbing out the pencil marks!

