

Brush Band

Materials: Activity worksheet, pencils

Directions: Read the worksheet, complete the activity, and discuss with group.

DISCUSSION QUESTIONS

Has bad breath ever stopped you from making friends or talking to someone?

What are some things you can do to remember to brush your teeth?

We all know that brushing our teeth is important, I mean, we hear it all the time from our families, our dentist and even commercials! Having to brush 2x a day can be such a hassle when there are many other things we would rather be doing. (i.e. video games, eating, social media, hanging out with friends, etc.) However, today we hope to motivate you to want to brush your teeth more often and make it is something you want to do!

Having bad breath can be caused by not brushing your teeth regularly. Bad breath can cause you to taste it and others smell it! When we talk, it can make our connections awkward. Have you ever tried to talk to someone with stinky breath? Ya, it is horrible and makes it hard to focus on the conversation and make connections.

So, let's not only be kind to ourselves, but to others and brush our teeth 2x each day. That way we can skip the embarrassment of stinky breath and continue making positive connections!

Today's activity will be creating a song to not only help remind us why it is important to brush our teeth, but to help motivate us to do so. Are you ready to make your own brush band?



ACTIVITY INSTRUCTIONS

1. Team Leaders – Tell the group that we are going to create a song to remind us why it is important to brush our teeth. (There is a sample song on the activity worksheet.)
2. Separate the youth into groups of 2 – 4 members. Each group will form their own Brush Band.
3. Then, have them draw a music style out of a bag. Each group will create a song with their given music style. (Team Leaders – make sure you cut the music styles into strips and put them in the bag before the meeting, (#1).)
4. Remind the group members that they can use a song tune already created or come up with their own.
5. Have each group work together to create a short song (2 minutes or less) that goes with their style. Give them time to work on their song. They can use the starter ideas to help them (#2).
6. Once finished, have each Brush Band preform their song for the rest of the group.
7. Let's Share! Ask the group members how music can help them with tasks, like brushing their teeth. Team Leaders – be sure to thank those for sharing!



Create your own music style

Team leaders, here is a teeth brushing song example that you can share with your group <https://www.youtube.com/watch?v=rWDMssiL7hE>

Idea lyrics for your song: (#2)
(Use these lyrics to help you if you need a place to start or if you get stuck!)

Slow down and brush each tooth
Get out the sugar from those sweats
Grab a brush and make them clean
You don't want cavities at night when you sleep
Just a dab of toothpaste is all you need
You have the tools – it's up to you
Make those teeth clean and bright
No one wants a tooth ache
Let's go and brush your teeth
Get your tooth brush and follow me!
Fresh and clean
Morning and night
Attack the plaque
Healthy teeth and a healthy me
Brushy brushy Brushy
Clean breath and I don't stink
You're doing it right now
Smell my breath
Get that food out of your teeth
Rinse rinse rinse

Pick Your Music Style (#1)

| | | |
|---------|-------------------|-----|
| Country | Pop | Rap |
| Rock | Seasonal/ Holiday | |

Our Tune is

| | |
|--------------|--------|
| Already Made | My Own |
|--------------|--------|

Now that you have come up with your tune, it is time to start working on the words.

