Brush the Dino Teeth

Ages 2 - 5 | 15 minutes

Lesson overview

Join T-Rex and his dinosaur friends for a toothbrushing party! Children sing, move and pretend to brush dinosaur teeth while learning about healthy brushing habits, counting, letter recognition and matching through fun dinosaur-themed printable activities.

Learning objectives

- Become familiar with toothbrushing as part of a daily hygiene routine.
- Practise copying brushing actions for the top and bottom teeth.
- Join in with repeated lyrics, action cues and playful dinosaur sounds.
- Count objects and identify the three horns on a Triceratops.
- Recognise the initial letters B and T in words such as brush and teeth.
- Develop fine-motor control through tracing, colouring and drawing.
- Build visual discrimination and problem-solving skills through matching, patterns and mazes.

Learning themes

Dental hygiene, Healthy habits, Dinosaurs

Resources and materials

- Brush the Dino Teeth video
- Brush the Dino Teeth Activity Pack
- Crayons or colouring pencils
- Pencils for tracing, counting and puzzles
- A toothbrush for demonstrating brushing movements, if available

Lesson sequence

1. Meet the Dinosaur Patients (2 minutes)

Introduce T-Rex, Brachiosaurus and Triceratops. Ask children if they know what a toothbrush is for and when they brush their teeth. Explain that brushing helps keep our teeth clean and healthy, using simple, positive language.

2. Brush, Brush, Brush! (4 minutes)

Play the video and invite children to sing along with the chorus. Pretend to brush the top and bottom teeth, show a big smile, clap, stomp, stretch tall like Brachiosaurus, wiggle and roar like T-Rex. Children can use their fingers or an imaginary toothbrush to copy the actions.

3. Count the Triceratops Horns (2 minutes)

Revisit the Triceratops verse and count its horns together: one, two, three. Point to each horn as you count. Explain that Triceratops has three horns, then talk about how the dinosaurs are getting their teeth clean before bedtime.

4. Choose a Dino Dental Activity (5 minutes)

Choose one suitable activity from the printable pack. Children could trace a toothbrush path to clean dinosaur teeth, trace B for brush or T for teeth, find the five hidden toothbrushes, help T-Rex reach the dental chair through the maze, count objects or complete a picture pattern. Adapt the challenge to each child's age and ability.

5. A Clean-Teeth Goodbye (2 minutes)

Recap the brushing actions together, moving imaginary toothbrushes over the top and bottom teeth. Ask children when they brush their teeth and remind them that brushing is a regular daily routine with help from a grown-up. Finish by waving goodbye to T-Rex and his friends.

Questions and discussion

- What do we use to brush our teeth?
- Can you show me how we brush the top and bottom teeth?
- How many horns does Triceratops have?
- Which letter does brush begin with?
- When do we brush our teeth?
- Which dinosaur or activity did you enjoy most?

Lesson recap

Children explored toothbrushing through music, movement and imaginative dinosaur play. They practised brushing actions, counted Triceratops's three horns and developed early literacy, fine-motor and problem-solving skills through a themed printable activity. The lesson reinforces toothbrushing as a positive everyday habit.

Song and printable resources

Watch the song video:

https://youtu.be/rAkq7QIp4qk

Download the activity pack:

https://snappysingalong.com/downloads/snappy-singalong-activity-pack-brush-the-dino-teeth.pdf

Teacher notes and observations

What went well? What did the children enjoy? What would you adapt next time?