

Dental Hygiene Awareness Project

TLM Booklet

1. Find my Nose and Brush “મોઠું નાક અને બ્રશ શોધો”



TLM Brief:

While doing any activity with children the 2 important aspects i.e. engagement and attention are to be prioritized. The activity should be engaging for a child to pay attention and precise enough to hold the attention of the child as the attention paying ability of a child aged 3-6 years is 15-20 mins. Therefore, giving oral lectures does not help facilitating learning in the child. To facilitate the learning on oral hygiene we lack the tools to make child understand the importance of brushing and overall dental care in the rural areas. The awareness amongst the people is very mild and liberal hence, the role parents play in urban areas for their child's hygiene is not prevalent in the rural suburbs, the reason is not that the parents care less in rural areas but the awareness and economical restrictions lead to poor dental hygiene in the rural areas of India especially Gujarat. With the thought of engaging child in dental hygiene related activities thereby facilitating the learning and awareness is the purpose of the TLM.

Learning Outcome & Objective:

- The children would understand the importance of brushing and would get daily reminders with this TLM around.
- The children will have an opportunity of outdoor play session.
- The communication shall happen thereby increasing participation.
- The children shall learn about colours.
- The children shall learn about dental hygiene in a fun manner.

Target Group:

- Anganwadi Children (3 years to 6 years)
- Balvatika Children
- 1st & 2nd Standard

Place for Activity:

- Indoor Room

No. of Participants:

- Maximum Members that can Participate: 18
- Minimum Members that can Participate: 6

Duration of Activity:

- 30-45 Minutes

Topic & Subject

- Different colour recognition

Activity Instructions:

The Anganwadi course curriculum includes learning of colours thereby, this activity of ‘Finding my Nose and Brush’ combines the learning of colours, Body part and brushing the teeth.

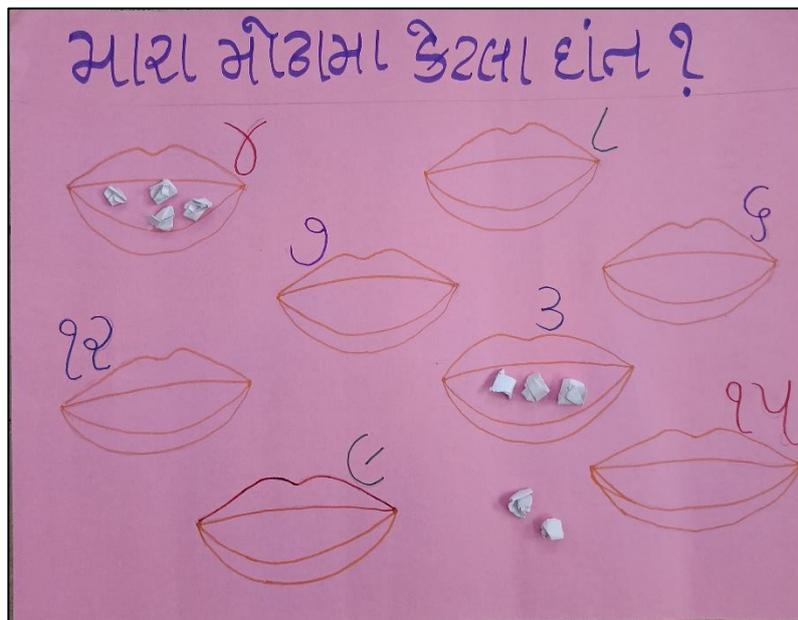
- Anganwadi Children (3-6 Years)-
 - The Anganwadi worker shall introduce the game by showing Tooth and tell the children to name it, further ask what does a tooth need i.e. brush.
 - The Anganwadi worker shall agree to the same and tell the children that she will give brushed to few children and tooth to other few. (the brushes should be given secretly to the children)
 - The children should be told to find the colour matching the tooth brush.
 - Once children find each other’s matches they should be applauded.
 - In the conclusion part, the Anganwadi worker shall brief in 2 lines to children about brushing teeth daily for 2 times a day.
- Balvatika Children
 - The facilitator shall introduce the game by asking about, ‘What should children do when they wake up and sleep in the night?’. Once, the responses from all children are done the activity should be started.
 - The Tooth should be shown and children should be asked, ‘What does teeth need to be clean?’. Once, they say brush, the game should be explained that you have to find the matching brush partner.
 - The Brushes and Tooth should be distributed in a hidden manner. (By taking children outside of the classroom/ by making them stand in the opposite direction to children sitting)
 - If the game is played in the outdoor it is better as the distance would give children time to explore, ask and find.
- 1st & 2nd Standard (Need the premises where all the 18 items can be hidden)

- The students will be briefed about the game as in do they consider brushing important and why. Post discussion the treasure hunt game is to be started.
- All the tooth, stick colours and brushes will be hidden in the premises.
- Each member playing has to find one piece and then find the fellow colour coordinates.
- Then, they need to find the matches. (3 members- 1pair). The pair that is made first is the winner.

Assessment & Reflection

- The facilitator will get an opportunity to do a free play session with children and make them learn colours and simultaneously inculcate the habit of brushing.

2. White Balls Arrangement & Lip on Number – “*mara modhama ketla dant*”



TLM Brief:

The TLM of arranging the teeth made of white balls with the number mentioned on the lip involves an activity with children where children identify the number and do the counting accordingly. The TLM helps engage children in an activity thereby facilitating the learning on oral hygiene to children with the practice on counting.

Learning Outcome & Objective:

- The children shall learn basic counting and also learn brief of good oral hygiene aspects.
- To facilitate the environment where a child learns to acknowledge the good dental hygiene practice.
- The facilitator shall get an opportunity to speak about good dental hygiene practices to child while participating in the activity.

Target Groups:

- Children of Anganwadi, Balvatika, 1st & 2nd Grade Students of Rural Background

Place for Activities:

- Indoor Room

No. of Participants:

- Individual Activity- 1st & 2nd Grade Students
- Group Activity for Anganwadi and Balvatika Children
- Anganwadi Children – Min. 3 and Max. 6
- Balvatika Children- Min. 4 and Max. 6

Duration of Activity:

- Anganwadi Children- 30 Mins
- Balvatika Children- 1 Hour
- 1st & 2nd Grade Students- 1 Hour

Topic & Subject:

- It helps children with identification of numbers
- It enables children to learn counting

Materials Needed

- Small cut pieces of two-way tape for enabling child to stick the tooth in the Lips
- Small Rectangular Pieces of White Paper for a Child to stick as Teeth
- White Tissue Paper or White Paper for making Balls similar to teeth

Activity Instructions:

- The procedure of utilising this TLM with Anganwadi children should include talking about children about body parts, identifying body part, then further talking about mouth and what is inside of mouth, the response of children shall include tongue and teeth, further the facilitator should ask what is the role of teeth and what would happen if we didn't have teeth. And how to keep the teeth clean should be told by facilitator in 2 lines. Further, the game should be introduced and told to find teeth. First, the paper balls should be made and then the game of counting shall start. The children should be made to sit in the circle and then the lip with number shall be identified and counting shall start and thereby the all the lips with specific numbers shall be completed.
- When with Balvatika children, the process shall be same as Anganwadi however, the children shall be involved in a competitive mode wherein groups participate.
- With children of 1st and 2nd Grade, the activity shall be done by students, the facilitator is responsible to only moderate the activity. As in the facilitator has to arrange the students in group, then speak a number, the group that identifies first and arranges will get a point. And so, on 6 rounds will be done as the total numbers in whole TLM are 6. The number can be made difficult from singular to double digit till 32 as total number of teeth in mouth are 32.

Tips for Trainer:

The trainer shall give small remarks on caring for teeth to maintain it stronger by asking about food, brushing times for a child to stay engaged and attentive during activity.

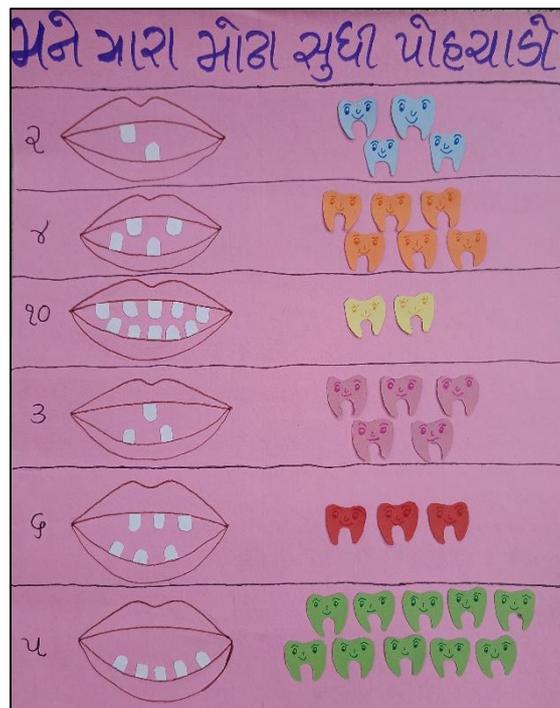
Variation & Extension:

- The numbers can be made double digit to increase the difficulty level but should be less than 32 as the total number of teeth are 32.

Assessment and Reflection

- The children will be involved in the muscle centered activity that shall help them hold a pen/pencil properly that is by making the balls.
- The children shall learn identification of number and counting.
- The children shall learn how to take care of the teeth and functions of the teeth.

3. Match the Number with Teeth- “mane mara modha sudhi phochado”



TLM Brief:

The TLM will help children learn about the counting and identification of count as per number. It is commonly observed in rural children mug up but when it comes to practical, they mostly face a setback. This activity of matching the number with its respective count will help child learn the practical part of numerical.

Learning Outcome & Objective:

- The children shall learn identification of number and counting.
- To facilitate the environment where a child learns to acknowledge the good dental hygiene practice.

- The facilitator shall get an opportunity to speak about good dental hygiene practices to child while participating in the activity.

Target Groups:

- Children of Anganwadi, Balvatika, 1st & 2nd Grade students of Rural Background

Place for Activity:

- Indoor Room Set-Up

No. of Participants:

- Individual Activity- 1st & 2nd Grade Students
- Group Activity for Anganwadi and Balvatika Children
- Anganwadi Children – Min. 3 and Max. 6
- Balvatika Children- Min. 4 and Max. 6

Duration of Activity:

- Anganwadi Children- 30 Mins
- Balvatika Children- 1 Hour
- 1st & 2nd Grade Students- 1 Hour

Topic & Subject:

- It helps children with identification of numbers
- It enables children to learn counting

Materials Needed:

- A thick cotton thread through which a child shall make a line to match
- Pencil & Eraser

Activity Instruction:

- Anganwadi and Balvatika Children- When the activity is done with Anganwadi and Balvatika children, a thread shall be used to match as children don't have proper grip over using pencil. The children shall be made to sit in a round and the facilitator shall initiate the activity by asking children how many teeth they have in their mouth and make them count the teeth. Post receiving answers and appreciating, the connect shall be established with the activity as in children shall be told that how they counted the number of teeth in their mouth, they have to count on this paper and match it. First the children should be asked how many numbers of teeth are in the mouth or recognise the number mentioned whatever suits the child better, once they count that, the children should be taken to next column and start the matching process. The facilitator shall ask, where do you think the match would be, in the case where child mentions with rough guess, the count shall be done and it should be clarified that the identified match is not correct. And so, on the correct match shall be identified. With a greater number of children another sheet with a greater number of numbers shall be prepared but with young children it should be made sure that they are made to sit in curricular round for the activity.

- With children of 1st and 2nd grade, the chart shall be hung in front of children and on individual competitive basis the matched shall be made with chalk or pencil for it to be reused again. And the child who raise hand shall answer and so on the match the following should be done.

Tips for the Trainer:

- The trainer shall take grip of time in between counting and engage children in dental hygiene related discussions by asking, what are teeth helpful for, how many times they should brush, what to eat to maintain healthy teeth etc.

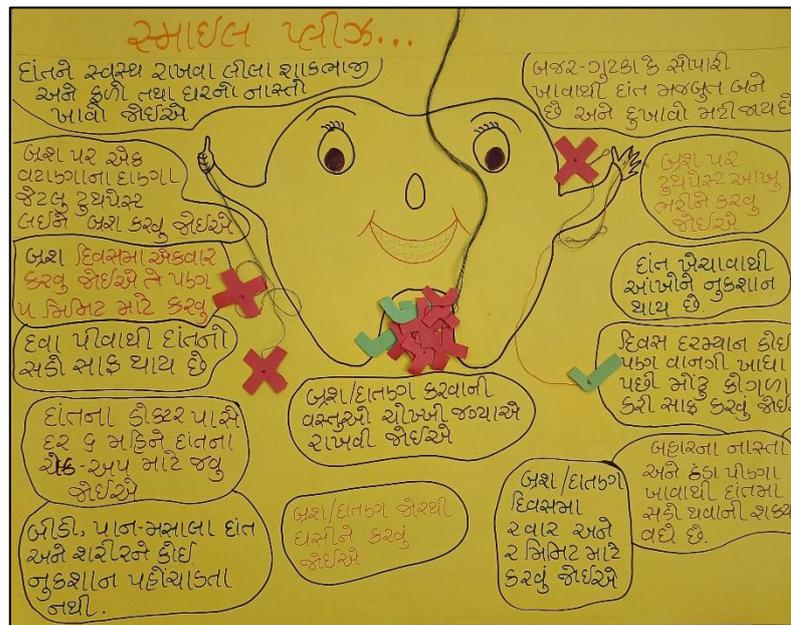
Variation & Extension

- The digits shall be made to 2-digit number below 32 as the maximum number of teeth can are 32 in the human mouth and extend it to 3rd and 4th grade.

Assessment & Reflection

- The children shall acknowledge the dental hygiene awareness through number learning pattern.

4. Smile Wide by Getting Facts Clear “Smile Please”



TLM Brief:

The smile TLM is to make children understand the fact about correct and incorrect dental hygiene practices that are commonly perceived by people. The TLM involves making a child smile the brightest as that is the ornament our body has given to us and for maintaining that ornament the child needs to understand the facts. There are a lot of misconceptions prevailing in the rural suburbs as they lack the access to factual information however, their belief and faith in certain cases make them devoid of facts.

Learning Outcome & Objective:

- The child shall learn about healthy and hygienic practices.
- The child shall also understand the misconceptions about dental hygiene practices.
- The opportunity would be created where a child can adapt basic hygiene and health aspects.

Target Groups

- 3rd grade to 7th grade students

Place for Activity

- Indoor Area

No. of Participants

- Min: A group of 6 children
- Max: 4 groups with 6 members in each group i.e. 24 children
- While children are more the teacher can categorize children in group of 6 and ask group wise as in what is correct and what is incorrect

Duration of Activity

- 45 minutes with students of 3rd to 6th grade
- 30 minutes with students of 6th and 7th grade

Topic & Subject

- Basic health and hygiene aspects
- Dental Hygiene related misconceptions and facts

Materials Needed

- Subparts of TLM that are small signs of ‘correct mark’ and ‘incorrect mark’.

Activity Instruction

- The methodology to do the activity is similar for all grade students however, with younger grade children emphasis on explaining the points should be more compared to higher grade (6th & 7th) grade students.
- The activity shall be started by asking few riddles, the fourth riddles should be related to ‘Smile’. Then children should be asked, who likes to smile and when do we smile, once the children understand that smile is important in life the activity should be directed towards TLM stating with a question, “what shall we do for a good smile?”.
- Considering a greater number of children i.e. more than 15 children. The 4 groups with 6 members shall be made. The TLM Shall be hanged on the blackboard or kept on a chair. The points should be recited one by one and the group that answers first in terms of whether the statement is correct or incorrect shall get a point. The question should be asked as in why does a child think alike.
- Post seeking answers from children, the facilitator should explain the reason why the particular point is correct or incorrect and then move forward to next statement.

Tips for Trainer

- The trainer should be well aware of faulty and correct statements and should explain the reason behind each statement presented in the TLM.

Assessment & Reflection

- The child shall get an insight of what is correct and incorrect and what they are supposed to do to keep the teeth clean.
- The TLM helps understand a new topic i.e. of dental hygiene.
- The children shall also undergo reading practice through the statements prepared.

5. Number of Teeth and Functions of the Teeth “Chalo janiye dant na prakar ane emna karyo”



TLM Brief:

The TLM of number of teeth in the mouth and their functions help children understand the structure of mouth. The activity involves identifying the types of teeth and colouring the teeth based on their functions. This helps children engage in an activity and make them learn about one of the body parts that helps in speaking, chewing and digestion process. It shall also help facilitating the knowledge of how poor dental hygiene can cause other diseases.

Learning Outcome & Objective:

- The child shall learn about the structure of teeth in mouth, its types and functions.
- The activity involves matching colour and colouring the similar types of teeth, thereby making the child learn about colours especially younger age children.
- The child shall be engaged in an activity of colouring resulting in a better learning process.
- The child shall also learn about how the damaged teeth because of inappropriate dental hygiene practice can cause other problems.
- The children shall learn about 2 types of teeth structure i.e. Milk teeth & Permanent teeth.

Target Group:

- 1st to 5th Grade students

Place for Activity:

- Indoor Area

No. of Participants:

- Total number of children in the respective grade.

Duration of Activity

- 1 Hour

Topic & Subject

- The children shall learn about the basic mouth structure and how it affects other process especially digestive system.
- Importance of chewing and speaking considering each type of teeth.

Materials Needed:

- Crayon colours of 4 colours- Red, Green, Blue and Orange

Activity Instruction:

- The activity shall be initiated by asking what helps in eating food and how, how the food can digest easily. The questions shall be asked on have children ever faced stomach problem due to improper chewing and due to inappropriate food. Post receiving answers the connect with the teeth and importance of chewing should be established. The last question before introducing the TLM should be about children knowing that there are different types of teeth. Post answers the TLM should be presented.
- The facilitator then should explain the types of teeth and their functions. Post that the children's part starts as in for children to relate to the functions of the teeth, the children should be called on basis of turns and identify the placement of teeth from the central structure. The activity has been made easier by putting the colour coordinated dots below each tooth for children to recognise.
- So on the activity shall be concluded once all the teeth are coloured.

Variation & Execution:

- The variation in the activity to do it again and again, the separate section of teeth structure should be prepared and put on the chart with TLM. With each class it can be changed.

Assessment & Reflection:

- The children shall get a relatable insight into the structure of teeth and its functions.
- The children shall also understand the importance of chewing.

6. Weekdays on Tooth



In the Anganwadi and Balvatika curriculum, it is mentioned that the children should learn about the weekdays. Therefore, the TLM of weekdays has been prepared for the facilitator to teach the weekdays considering the dental hygiene aspects as the reminder for students to brush the teeth to keep teeth clean and healthy because the habit cultivated with proper explanation in childhood lays the foundation for further daily practices. Hence, the TLM of weekdays shall help the facilitator deliver the information on dental hygiene practice along with weekdays.

Learning Outcome & Objective:

- The children shall see this TLM put up in their room daily and get a reminder of having good teeth.
- The children shall learn about weekdays.
- The children shall also get reminders to brush the teeth daily.
- The facilitator shall get a medium to cultivate the habit of brushing the teeth in children.

Target Group:

- Children in Anganwadi
- Children in Balvatika

Place for Activity:

- Indoor Area

No. of Participants:

- Total number of children in Anganwadi and Balvatika Class

Duration of Activity:

- Initial 15 minutes of starting Anganwadi and Balvatika class

Topic & Subject:

- It helps in learning Weekdays, Gujarati alphabet recognition, word formation and good grooming as well as oral hygiene practice.

Material Needed

- A tread and two-way tape to hang in the class room like a lintel.

Activity Instruction

- This TLM is preferred to use twice or once in a week. The children shall be asked what day it is and they have to find with from along the seven weekdays. If the selected child picks the correct tooth, then he/she wins or else another child.
- Once the child picks up the facilitator shall take it and personifying the teeth, the children should be asked, “who all brushed the teeth today”, “who didn’t bring junk food” and so on. Post clapping for all those who followed the routine, the daily activities shall be started.
- Another way is to read the weekdays from the lintel and tell the children to brush on all days.

Assessment & Reflection

- The children shall learn to identify and read the weekdays.
- The facilitator got a tool to make children understand the dental care aspects.

7. Tooth Crown



The tooth crown is prepared to encourage and motivate children to cultivate the practice of good oral hygiene. The facilitator of Anganwadi and Balvatika shall utilize it to motivate the child whose teeth are well maintained as in terms of decay and daily brushing.

Learning Outcome & Objectives:

- The child shall get motivation to brush and clean the teeth regularly.
- The facilitator shall get a chance to speak to children about good oral hygiene practices such as brushing teeth regularly, eating healthy food, avoiding junk food.

Target Group:

- Children in Anganwadi
- Children in Balvatika

Place for Activity:

- Indoor Activity

No. of Participants:

- Total Number of Children in Anganwadi and Balvatika

Duration of Activity:

- Initial 15 minutes of starting a session

Activity Instruction:

- Post the prayer session, the children should be asked who has done the brush, the children raising hand should be called and checked. Maybe, if possible, the bad smell or bad breath shall also be taken into consideration as that is one of the parameters to judge the good oral health. Another parameter to consider is the children who have not brought packet food throughout the week.
- This should be done once in each week; the child shall wear the crown for a week.

Tips for the Trainer:

- The facilitator should keep an observation of mentioned parameters in the activity instruction session.

8. Datun and its Functions “Dant ane Paryavaran no Mitra- Datun”

બાવળ	લીમકો	વડ	કરંજ
<p>દાંતકળના પ્રકાર અને તેના ગુણો</p> <p>૧. બાવળ - દાંતની મજબૂતીમા અને રોગોને ટાળવા માં અસરકારક રહે છે.</p> <p>૨. લીમકો - દાંતની સફાઈ, પેટાના રોગ જેમકે પાયોરીયા, મોઢાની દુર્ગંધ તથા સાંધામા અસરકારક રહે છે. આ ઉપરાંત જવાબુને મારીને મોઢાની રોગપ્રતિકારક શક્તિ વધારે છે.</p> <p>૩. વડ - મોઢામાં થતા બાંબા સમયથી સાંધા તેમજ પેટાના રોગો સામે અને ફૂગના જંતુ સામે રક્ષકા આપે.</p> <p>૪. કરંજ - પેટામા થતા સોજા, પેટા પીલા પડી જવા, સાંધા અને દાંતના સડા અને પીરીઓડોન્ટલ રોગો સામે રક્ષકા આપે છે. મોઢામાં જામતાં પ્લેકને દૂર રાખવા અસરકારક રહે છે.</p> <p>દાંતકળની પ્રક્રિયા</p> <p>દાંતકળ ઘીદને સાવતા જે સાવતા બાદ પાકીનો પીચા ભાગ (મીઠા) કોગળી ભાગે સાવવાનું શરૂ કરવું તેને ચોક્કું ગાળવું ચી દાંત નરમશાથી એરલે છલકે હાથે ઘસવા કચી મોઢા સાફ કરવું સાફ કરવી</p>			

TLM Brief:

The TLM of Datun (Tree-twigs) is prepared for a child to understand the traditional living patterns that is fading in present times. The TLM also provided an eco-friendly alternative for maintaining good oral hygiene and the conservation part of environment can be covered as the plastic brushes and nylon bristles are one of the major environment threats. The ecofriendly alternatives also include bamboo brushes with nylon bristles less harmful then the once used in plastic brushes but the cost is high and limited to urban areas about which many urban people lack awareness. Also, another angle for this TLM is that of financial condition and migration of people, the Datun comes at zero cost and is accessible easily in rural areas hence, people don't loose onto oral hygiene.

Learning Outcome & Objectives:

- The children shall learn the traditional method of brushing teeth and get a chance to adapt to the same.
- The children shall learn qualities of different tree twigs thereby instilling the thought of preservation of trees and overall environment.
- The children shall learn about dental problems and its preventive care.

Target Groups:

- Grade 1st to 8th students

Place for Activity:

- Indoor and Outdoor

Nos. of participants (Min to Max):

- Each and every child of the class.

Duration of Activity:

- 30 minutes
- 1 day/ week as students have the homework of bringing the tree twigs themselves.

Topic and Subject:

- Pollution and Ways to Curb/Work on the Same under Science.
- Dental diseases and Basic Mouth Structure further leading to Digestive system.

Materials needed:

- Cello tape and Glue to stick the tree leaves and twig

Activities Instructions:

- The TLM should be introduced by taking about what care should be taken on daily basis to maintain overall good health. The responses should be recorded and the answer for sure would include 'brushing teeth'. Post receiving this answer, the next question should be asked as in what people used to do before brushes and tooth paste were invented.
- Post receiving answers of datan and other items as per child, the types of datan shall be asked and the TLM should be introduced.
- The details in TLM should be explained to children and if the class and school permits then children can go on tree hunting and collect the twig and leaf and paste it on the TLM. Otherwise, the children shall be given the homework to bring 3-4 tree leaves and twig to school the next day.

Tips/Do and Don't for Trainer (If any):

- The qualities of Datun shall be explained properly in an in-depth manner. The effects of poor dental hygiene and its effect on other problems shall be highlighted.

Variation and Extension:

- The plastic properties in term of PE, PP and other elements can be presented and proportionate carbon emissions in terms of frequency and quantity of people using it can be added. The recycling aspects of toothbrush, tooth paste and its adverse effect on the farm lands because of soil, water and air pollution should be mentioned.
- The home-made tooth paste making activity shall be done by asking children to bring the material needed from home.
- The qualities of different trees should be explained.

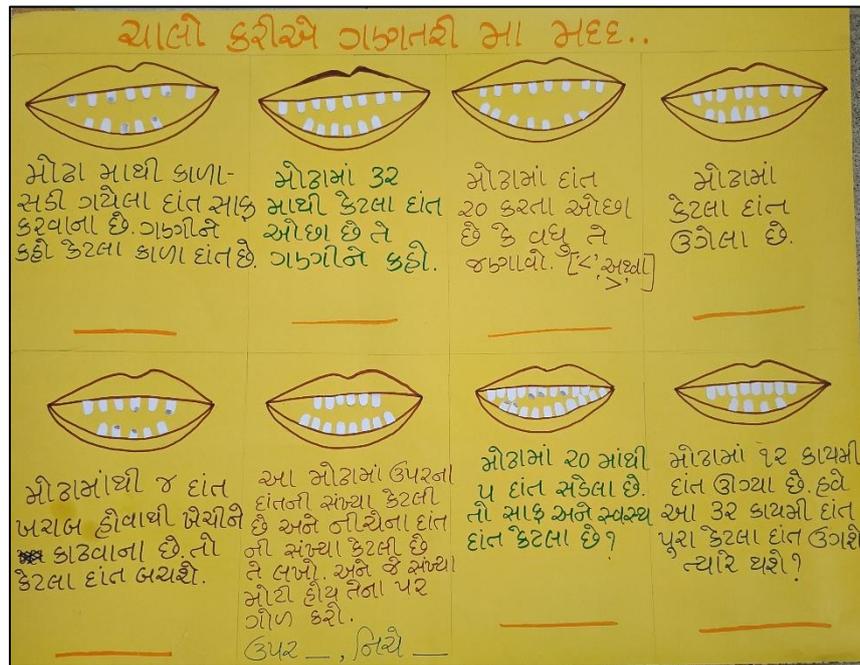
Assessment and Reflection:

- The children shall be sensitized towards environment and also learn about the traditional patterns of brushing.

Safety Consideration:

- Children should not harm themselves while plucking the twig.
- The tree shouldn't be damaged or cut more then required. Cut/Break consciously.

9. Let's Help the Dentist with Maths "Chalo Kariye Ganatri ma madad"



TLM Brief:

The activity helps child learn mathematical concept along with the teeth concept. While counting the child can also learn about the causes and effects of teeth diseases like decay, it's treatment and growing stage of teeth. It includes addition and subtraction, greater number and smaller number exercises. This TLM is prepared considering the children of higher grades with the purpose that they stay engaged in the activity and the facilitator can get a space to explain them about basic oral hygiene concepts.

Learning outcome/Objective/s:

- The children can learn basic calculations such as addition and subtraction.
- The children can learn to identify the greater value number and smaller value number.
- The teeth related concept of how the decay happens and what treatment is to be taken, the count of permanent teeth and Milk Teeth and overall maintenance of oral health.

Target Groups:

- 5th to 8th Grade students

Place for Activity:

- Indoor Activity

Nos. of participants (Min to Max):

- Group of 4 members and total 8 groups therefore 32 students

Duration of Activity:

- 1 Hour

Topic and Subject:

- It covers the concept of calculations in mathematics and gives a chance to children to learn practically by learning the dental hygiene concept.
- This exercise is basically a sum to solve but just on the topic of dental hygiene. The children have to read and understand the question and calculate accordingly hence, understanding the question has a major role to play thereby, enhancing the rational skills of the child.

Materials needed:

- Every child should have a book and pen to calculate sums.
- Thread to tie the TLM on board

Activities instructions:

- The children shall be divided in groups and the TLM should be hung from where every child is able to see.
- Then the group shall be called and they are supposed to read the question and calculate.
- All the members of the group have to calculate in their books.
- Then if the answer varies, the facilitator shall insist on calculating again and the final answer of the group is to be mentioned. In case of being incorrect, the next group shall be called for the same and so on each group shall get a chance.
- The other group's children shall also calculate however, they should answer only when asked.

Tips/Do and Don't for Trainer (If any):

- The facilitator shall read the question for 5th grade child and make him/her understand the question and further initiate calculation.
- Kindly consider students don't mock each other in the process
- The facilitator should be well read and clear about dental hygiene related concept in terms of how the decay happens and what treatment shall be considered.
- Every child's calculation should be monitored so that children don't copy each other's work.

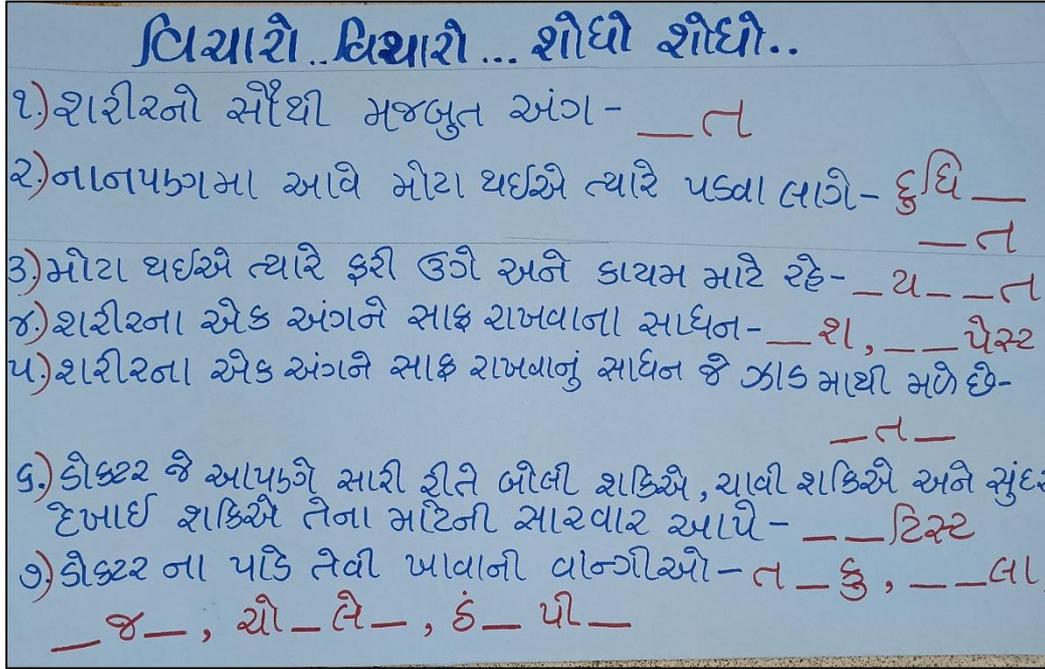
Variation and Extension:

- The sums here are average level. The difficulty level can be increased by putting sums with calculations between 20 to 32 as the total count of teeth is 32.

Assessment and Reflection:

- The child shall remain engaged throughout the activity and simultaneously learn to maintain the teeth.
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10. Riddles with a Word Guess and Word Completion



TLM Brief:

The riddles with word guess and word completion are prepared considering the lingual skills of children on the topic of dental hygiene. It is commonly observed in rural suburbs that the child is good with recitation when in order which is the result of mugging up with constant repetition. However, when it comes to practical work, we do not see expected success. Therefore, this exercise is prepared to enhance the language skills by guessing the alphabet of the word.

Learning Outcomes & Objectives:

- The child shall learn about the alphabets.
- The child's vocabulary shall be enhanced.
- The terms of oral hygiene care shall be learnt by children.
- The facilitator shall explain about the dental aspect after each riddle for a child to understand the dental hygiene concepts.

Target Groups:

- 2nd Grade to 6th Grade students

Place for Activity:

- Indoor Area

Nos. of participants (Min to Max):

- Total number of children from each grade.

Duration of Activity:

- 45 minutes

Topic and Subject:

- The topic of language viz. alphabets and word formation are covered through this TLM.

Materials needed:

- Chalk/ Pencil- for a child to child to write on the chart paper and erase for the next round.

Activities instructions:

- The children shall be introduced to the TLM by talking about their daily routine as in what do they do. Post all the answers, the TLM should be presented and that the game will be played on word guessing on dental hygiene aspects.
- Whoever wants to come first shall be called and the child should be called and he/she should be made to read the riddle and note the answer and so on.
- Post each riddle, the basic concept of brushing regularly, using fluoride toothpaste, avoiding junk food, tobacco etc. should be explained.

Tips/Do and Don't for Trainer (If any):

- The facilitator has to make sure that all the children especially weak children participate. They should be encouraged to participate and multiple relatable clues should be provided for a child to at least guess the word, if he/she is unable to complete the word then also they should be praised for guessing the word.

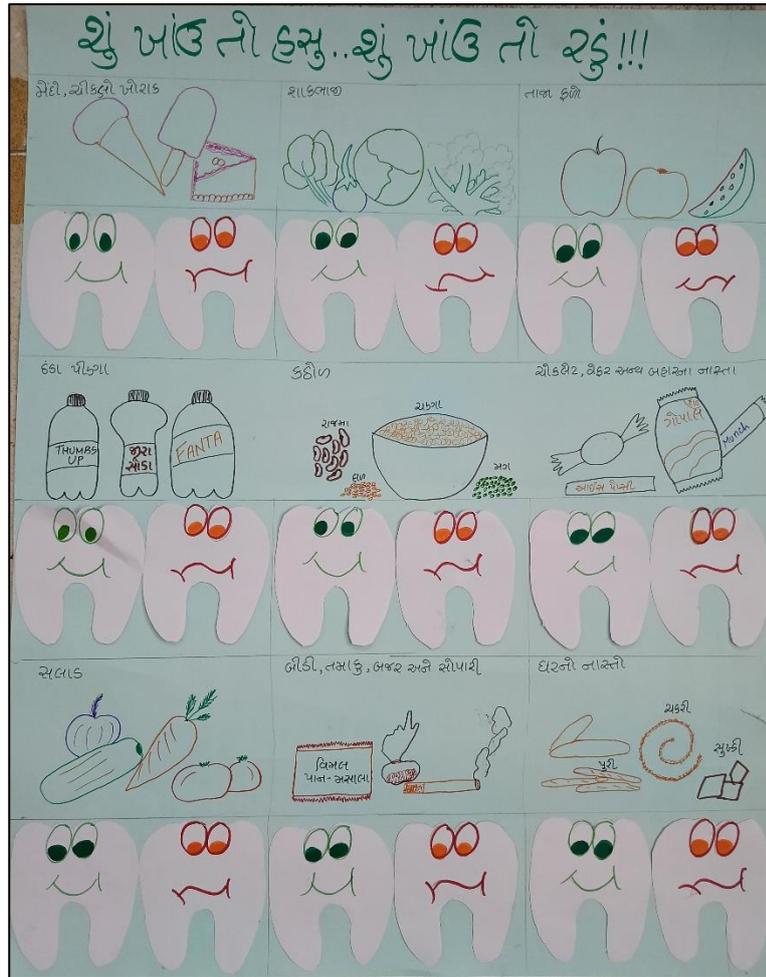
Variation and Extension:

- The riddles can be made more difficult and the complete word is to be written rather than filling the space.
- The multiple choice of the black alphabet should be given to make it easier for children.

Assessment and Reflection:

- The child shall learn the word formation and also learn the dental hygiene aspects.
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11. Tick Happy and Sad Tooth items based on Food Items “Shu khau to Hasu ane Shu kau to Radu”



TLM Brief:

It is commonly observed that the poor cause of dental hygiene is inappropriate patterns of food consumption. The children of rural background are very driven towards packet food, aerated drinks and chocolates. The lack of brushing practice adds on the problem. Hence, to cultivate proper food patterns for better oral hygiene, the TLM is prepared wherein a child has to choose whether the food presented is good for teeth or not.

Learning Outcome & Objectives:

- The child shall learn about good and bad food for better dental hygiene and also the reason for the same.
- The child shall learn to identify vegetables, fruits and other items.
- The child shall also learn to categorise food and learn words of food items.

Target Groups:

- Anganwadi Children
- Balvatika Children
- 1st Grade students

Place for Activity:

- Indoor Activity

Nos. of participants (Min to Max):

- All the students of Anganwadi, Balvatika and 1st Grade.
- 20 or less than 20 students

Duration of Activity:

- 30 – 45 minutes

Topic and Subject:

- Good Food & Bad Food Difference and Why.
- Names and Identification of different food items.

Materials needed:

- Black Bindi of Black colour to put on the correct answer.

Activities instructions:

- The children shall be asked about what they like eating the most, further to connect it with teeth, they should be asked with what they eat, thereby making the child learn the function of teeth i.e. eating, speaking etc. Further, the question should be brought to 'what else does teeth do. And this way importance of teeth should be explained to children. Post this the TLM should be introduced stating, 'we need to keep teeth clean for above discussed reasons so let's decide how teeth shall remain happy and healthy with items mentioned here.
- The children shall be done by putting the TLM in the centre of the round children are sitting in. The children should also be asked about the feelings the teeth portray and the colour thereby explaining the rule that whatever they feel correct, they should put Bindi on it.
- With each item, the talking part should be equally considered for holding on child's attention as mentioned under the 'Tips for the trainer' part.

Tips/Do and Don't for Trainer (If any):

- The facilitator should be aware of how the good food and bad food affect the body especially teeth in little detailed manner as in that it has a lot of sugar, not fresh, contains vitamins and minerals to keep eyes and other body parts strong and explain through phrases such as "Chana Khaine Ghoda jeva thavay" (Eating chickpeas makes you strong like a Horse) etc. for a child to remain engaged throughout the activity.
- The facilitator shall also ask child what they eat daily to make children participate simultaneously.

Variation and Extension:

- More number of food items can be added.

Assessment and Reflection:

- The children shall understand the importance of consuming the appropriate food in a detailed as well as practical manner.