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Healthy
Kids MONTH

Dental Flossing Game

Let your little ones practice fine motor skills with this fun dental flossing game. It's also a great visual to help explain why it's important to keep our teeth clean, not just with brushing, but also with flossing!

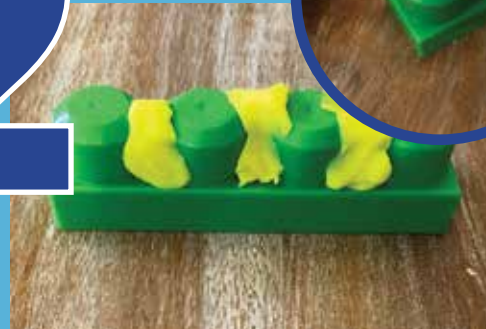
1



Gather materials:

- Play Dough
- Large Modular Building Blocks (we used Mega Bloks)
- Yarn
- Scissors
- Tape

2



Stick some play dough in between each section of your block. Fill up each gap all the way to represent **PLAQUE** in between your teeth. The blocks will represent your **TEETH**.

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3



Cut a piece of yarn about 1 - 1.5 feet long. This will be your **FLOSS**.

4



Tape down the block to your table. This will help keep it stable while you're flossing.

5



Take your yarn and hold each side with your hands. Move your string back and forth like a saw from one side of the play dough, going underneath, and then back to the other side. This will loosen up the plaque to remove it from your teeth.



6



Repeat Step 5 for all the other spaces in between the blocks to keep cleaning your **TEETH**.

7



Go back to remove any small pieces of play dough. Now all your **PLAQUE** is removed and you are left with clean **TEETH**!

Flossing is important in helping to remove plaque and bits of food that are stuck in between your teeth. With a little help from a grown up, you can remove all that gunk to leave our teeth looking and feeling nice and clean!