

## LIL SUGAR DON'T RUSH THE BRUSH TAG

Written by: Pam Straker, Red Bluff Elementary (TX)

- **Health Skills:** I will discuss the importance of brushing my teeth 2x daily for 2 minutes.
- **Nutrition Education:** I will discuss the importance of limiting WHOA foods.
- **Social & Emotional Learning:** I will demonstrate behaviors that create a safe learning environment for myself and my classmates.

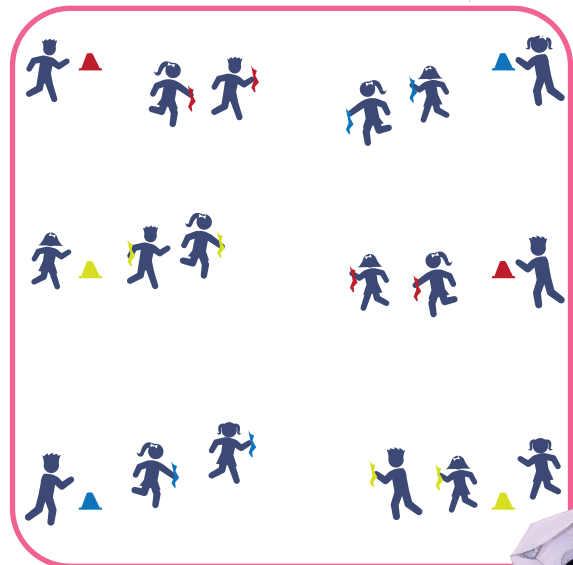
### LEARNING TARGETS

### What you need...

- 12 Pinnies – 4 per color, 3 colors (red/blue/yellow)
- 6 Large game cones in colors that match pinnies
- Low profile cones

### How to set it up...

- Set up 6 large cones around the perimeter with low profile cones in between each large cone to establish clear boundaries.
- Divide the class into 6 teams – 2 teams of each color.
- Give the first 2 teammates in each line pinnies that match the team color. Pinnies carried by each player to allow for an easy handoff.



### This activity is Don't Rush the Brush Tag!

- The object is to avoid being tagged during each 2-minute round. It's important to brush our teeth for a full 2 minutes 2X per day.
- On the start signal, the first 2 people on each team will enter the game.
- YELLOW is the sugar team and must try to tag the RED team.
- RED is the gums and teeth team and must try to tag the BLUE team.
- BLUE is the toothpaste team and must try to tag the YELLOW team.
- If tagged, freeze where you are tagged. The next player in your line will come to you, take your pinnie, and then quickly begin playing while you return to your home base cone. Players cannot be tagged when they're in transition.
- At the end of the 2 minutes, we'll reset for another round of play.



### HOW TO PLAY

### Discussion Questions

- Why is it important to brush our teeth every day? Why is it important to brush for 2 minutes?
- Why is it important to limit the WHOA foods that we eat? How is limiting WHOA foods good for our teeth?

### Universal Design Suggestions

- Add or remove the number of teams to make the game more simple or more complex. Example: add a GREEN team (representing germs). GREEN tags YELLOW and is tagged by BLUE.