

Healthy Toothpaste Project

Learn healthy dental hygiene by making fun, homemade toothpaste

Goal(s) Addressed

- Student will follow a sequence of instructions.
- Student will learn the importance of dental hygiene.
- Student will be able to use “pincer grasp” (thumb and pointer finger) to stir the ingredients.



Materials Needed

1. 1/3 cup coconut oil (soft, but not melted)
2. 1 TB baking soda
3. 1 TB bentonite clay
4. 1/4 tsp liquid stevia
5. 4-10 drops sweet orange essential oil

Layout

How should the room look? Where are the student's placed? When will this be taught?

- Best done while seated at a table in the kitchen.
- Complete the activity alongside your student so they can observe each step.
- Good practice to brush teeth after making the toothpaste.

Activity

Describe each step in detail. Include key vocabulary.

- 1. In a medium-sized bowl, combine the coconut oil, baking soda, and clay. Mix thoroughly.**
- 2. Add in the remaining ingredients and mix.**
- 3. Store in a jar or a squeezable toothpaste container.**
- 4. Note: When mixing bentonite clay, use a wooden or plastic spoon.**
- 5. Brush teeth with your new toothpaste, but do not swallow.**



Accommodations/Modifications/Adaptations

How can this lesson be adapted by kids with special needs?

- Assist students in adding ingredients and stirring the mixture.
- Assist students in brushing their teeth if needed.
- Make sure students do not swallow the toothpaste.
- Change the essential oil to one that students enjoy such as peppermint or lemon.

Post a picture or video of your students completing the activity and don't forget to tag us!