

2

The Two Minute Game



EXPLANATION: When it comes to teeth, 2 is the magic number. You should brush your teeth twice a day; in the morning and last thing at night. Each time you brush, you should be brushing for at least two minutes. You can time how long you are brushing for using an egg timer, a clock or a watch. However, let's get a feeling for how long 2 minutes really is.

HOW TO PLAY:

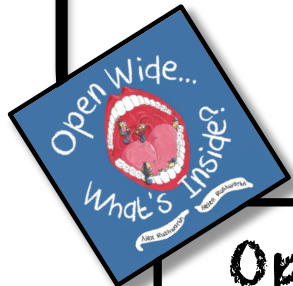
The teacher should set up a number of different activities. The number and difficulty should reflect the make up of the class. The teacher should then tell the class to start the activity and then time two minutes on their watch. At the end, they should shout "Stop!" They should then get the class to discuss just how much they have been able to achieve in that time.

IDEAS:

- Build a tower or Sugarbug with Lego blocks;
- Draw a Sugarbug;
- In an open space, get the children to run around, pass tennis ball backwards and forwards or similar;
- Write a letter e.g. to the Tooth Fairy;
- Create a game which involves getting rid of Sugarbugs e.g. Skittles with pictures of Sugarbugs stuck on and knock them down with a tennis ball or posting cards with Sugarbugs on them in different boxes around the room.



Eat Less Sugar, Drink Less Pop.
Brush twice a day
and the rot will stop.



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