

# How to Make Toothpaste Slime

craft-based lesson plan for parents and teachers

## WHAT YOU'LL NEED:

- Gel-based toothpaste
- School glue
- Sugar
- Food coloring (optional)
- Glitter (optional)

## WHAT TO DO:

1. Squeeze a glob of toothpaste next to a glob of glue on a paper plate.
2. Begin mixing the glue into the toothpaste a little bit at a time until it's all mixed together and it becomes a little slimy.
3. Add a little bit of sugar to the mixture. This will help the slime become more solid. The slime should stick to your spoon without falling off easily.
4. Add in food coloring and/or glitter and mix until you like the way it looks.
5. Play with your new slime!

## WHAT TO TALK ABOUT:

### When was toothpaste invented?

Did you know the kind of toothpastes we use today weren't invented until the 1850s? Before that, toothpaste was actually more like a powder. Can you imagine brushing your teeth with powder?

### How can you keep your pearly whites bright?

Brushing 2 times each day with fluoride toothpaste is very important for good oral health. Brushing stops cavities from forming because it wipes away all the food and bacteria from your mouth.

### Need more conversation starters?

Use the following questions to get kids talking about their oral health habits: Do you brush your teeth morning and night? What color is your toothbrush? What is your favorite kind of toothpaste to use?