



DIY Toothbrush Wreath

On average, more than 140 million tons of waste arrive in U.S. landfills each year. And plastics make up over 18% of that waste. Plastics like, you guessed it, toothbrushes.

It's important to throw away your toothbrush after you've been sick. That's because bacteria can live on your toothbrush long after your symptoms have disappeared. It's also a good idea to toss your toothbrush when the bristles become frayed and can no longer reach between your teeth to get them squeaky clean.

But what can you do with a toothbrush you're no longer using? Luckily there are many DIY crafts and activities that use old toothbrushes. In this video, kids will learn how to recycle their old toothbrushes to make a decorative wreath they can hang in their room, their school, or anywhere that could use a little decoration!

As you watch this video, you can talk with kids about the importance of keeping their toothbrushes clean and germ-free. Here are some great tips:

- Keep your brush in its own holder to prevent cross-contamination.
- If possible, brush at least 6 feet away from the toilet. Bacteria from the toilet can get into your mouth.
- If you brush in the shower, try brushing over the sink instead. Water can spread germs from the shower head into your mouth.

You can also talk with kids about tossing their toothbrushes at the right time. For example, it's best to ditch an old toothbrush and replace it with a new one every 3 months, when bristles start to fray, and after you've been sick.

Teachers can also challenge kids to think of other ways they can reuse or recycle an old toothbrush. The possibilities are endless!