



Activity: Show me your smile

Materials

- ★ Copy of blank face outline
- ★ Crayons or textas

Activity

Give each child a copy of the blank face outline.

Ask the children to draw their smiles on the face and any other parts of their faces they wish (eyes, eyebrows, nose, and so on).

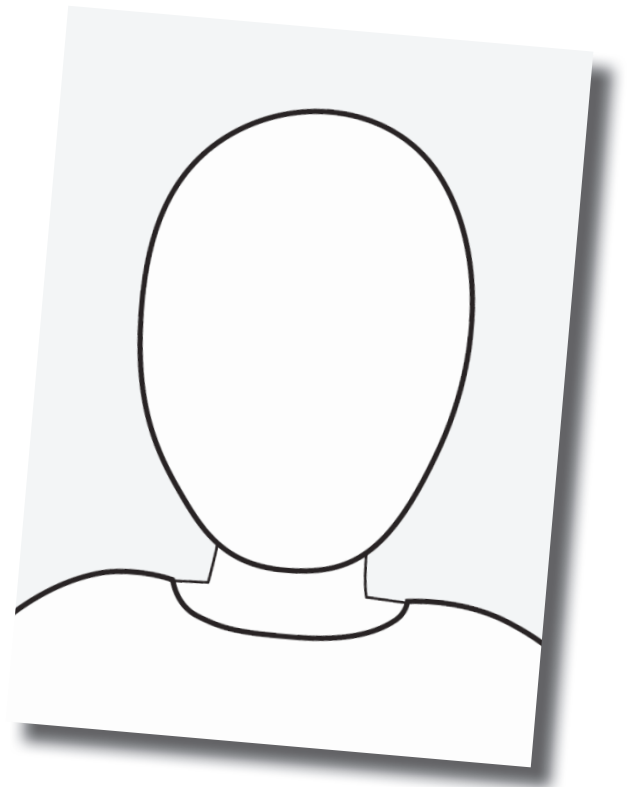
Ask children:

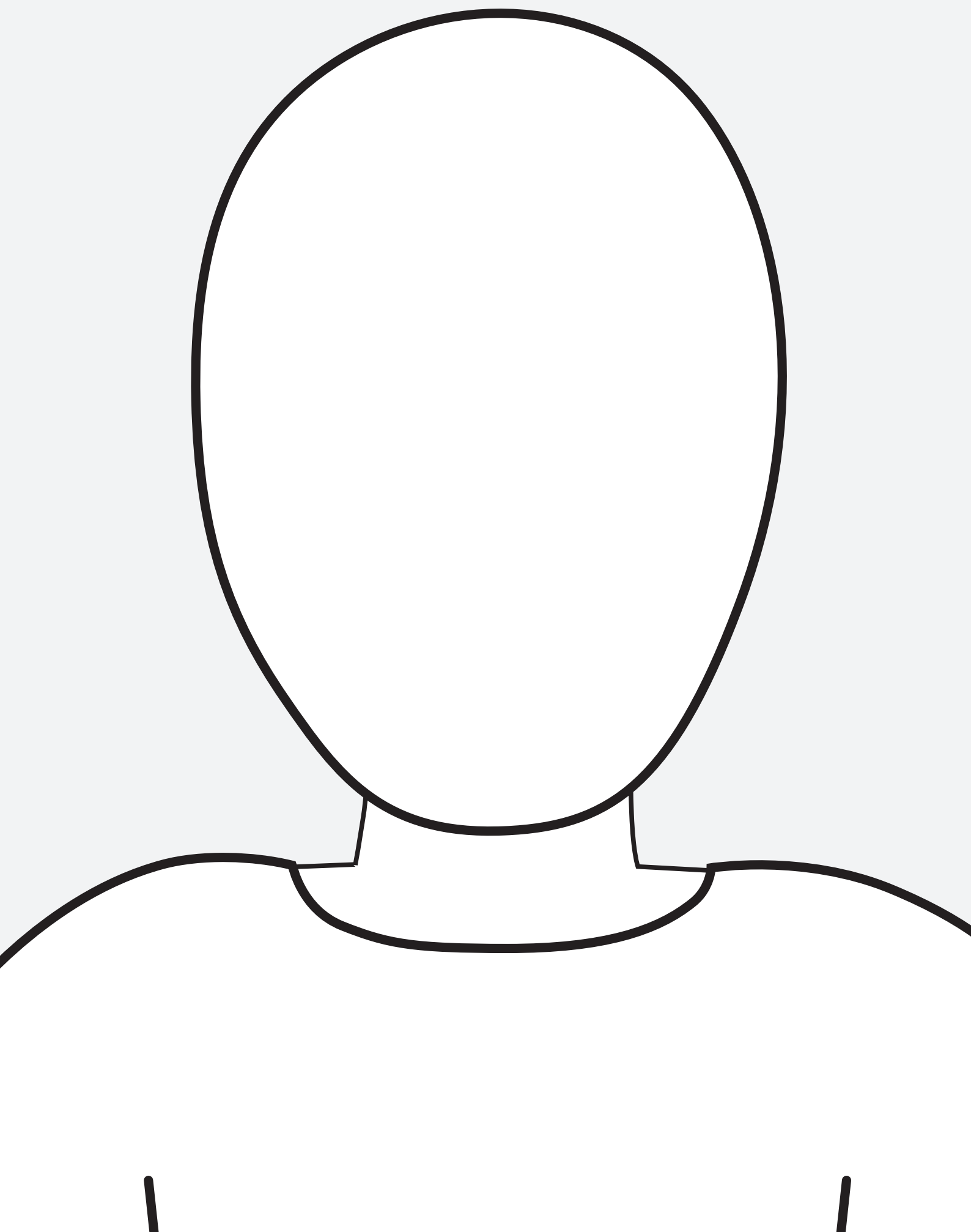
Talk to the children about what their mouth and teeth do.

Why do we need our teeth? To help us smile.

What part of a person's mouth can you see when a person smiles?

Show me your smiles!







Activity: Brush your Teeth colour-in

Materials

- ★ Copy of How to Brush Your Teeth colouring page
- ★ Crayons or textas

Activity

Give each child a copy of the Brush Your Teeth colouring page to colour in.

Ask children:

Talk to the children about keeping our teeth clean and healthy.

What do you use to clean your teeth? toothbrush and toothpaste.

How often should you brush your teeth? Twice a day.

Teeth are an important part of our body. Teeth can get sick. It's important to look after our teeth.

Keeping our teeth clean helps keep them healthy. We brush our teeth to keep them strong and clean.

To keep healthy teeth we have to brush every morning and every night before bed.

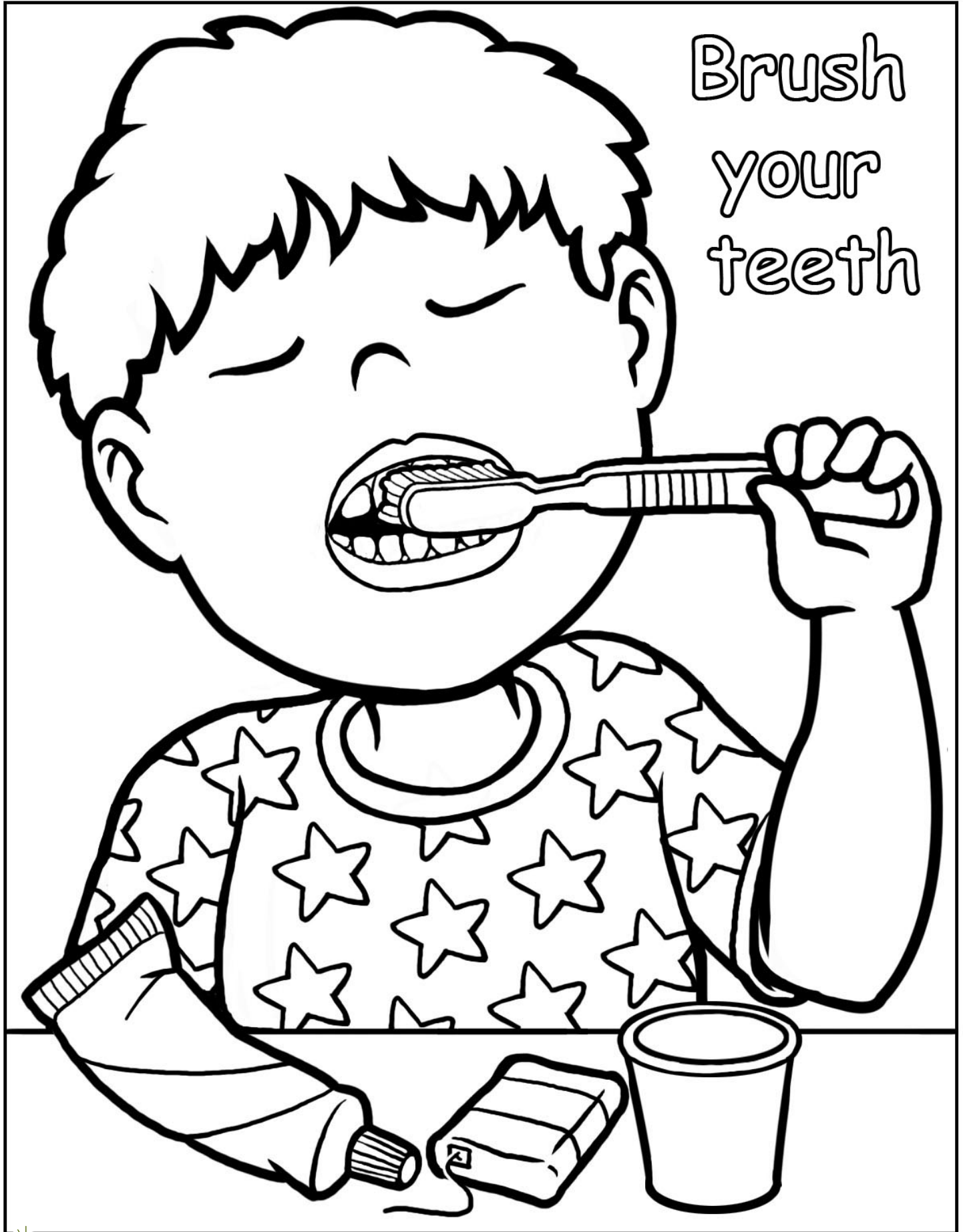
Cleaning your teeth with toothpaste makes your teeth strong and healthy – and you only need a little bit, about the size of a pea.

Spit out the toothpaste after you finish brushing.

A big person like mummy or daddy needs to help you brush your teeth.



Brush
your
teeth





Activity: Let's make a toothbrush

Materials

- ★ Wooden stir sticks or icy pole sticks
- ★ Paper
- ★ Glue or sticky tape
- ★ Crayons or textas

Activity

Help children make toothbrushes.

Make a brush handle out of icy pole stick. Write child's name on the handle.

Children can colour in the handle.

Draw lines and have children cut up the lines to make bristles for your toothbrush.

Glue brush onto handle.

Ask children:

Talk to the children about keeping our teeth clean and healthy.

Teeth are an important part of our body. Teeth can get sick. It's important to look after our teeth.

Keeping our teeth clean helps keep them healthy.

We brush our teeth to keep them strong and clean.

To keep healthy teeth we have to brush every morning and every night before bed.

Cleaning your teeth with toothpaste makes your teeth strong and healthy – and you only need a little bit, about the size of a pea.

Spit out the toothpaste after you finish brushing.

If you don't clean your teeth they can get holes and that makes them sore.

A big person like mummy or daddy needs to help you brush your teeth.

