



Tooth types

Name: _____



Look into your mouth.

- ✓ Draw a tooth from the **front** of your mouth.
- ✓ Draw a tooth from the **back** of your mouth.
- ✓ Draw a **pointy** tooth.

THIS IS A TOOTH FROM THE **FRONT** OF MY MOUTH.

Its name is: _____

Its job is: _____

THIS IS A TOOTH FROM THE **BACK** OF MY MOUTH.

Its name is: _____

Its job is: _____

THIS IS A **POINTY** TOOTH FROM MY MOUTH.

Its name is: _____

Its job is: _____



Ready, set, **BRUSH!**





Colourful smiles

Name: _____



Colour each type of tooth a different colour. Before you start, record what colours you are going to use.

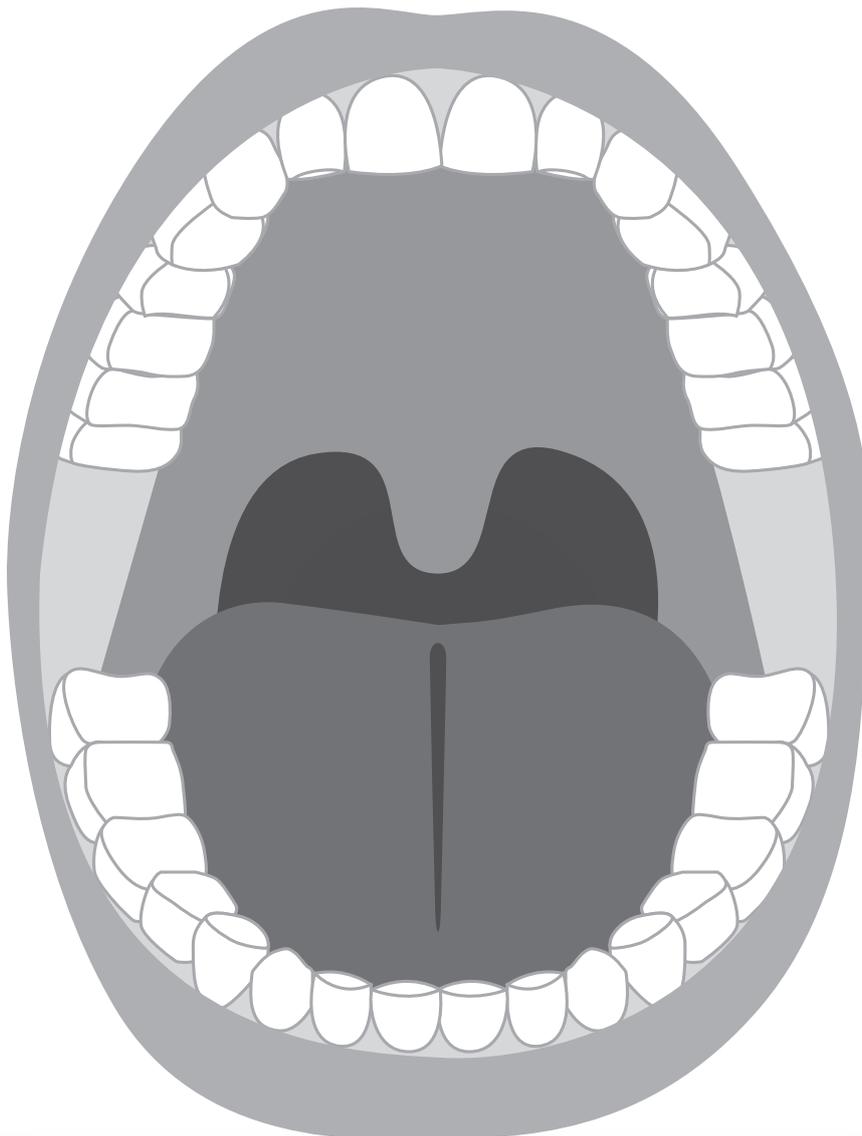
I AM GOING TO USE:

_____ for INCISORS

_____ for CANINES

_____ for PREMOLARS

_____ for MOLARS



Ready, set, BRUSH!



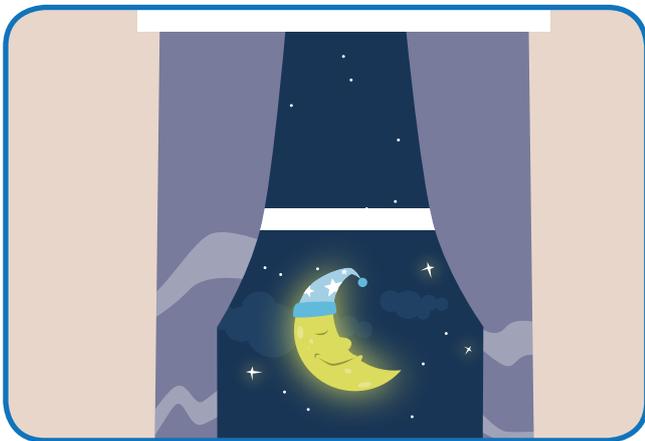


What's in the picture?



Look at the pictures. Can you work out Toothie's tips on how to have a healthy mouth?

TOOTHIE'S TIP 1



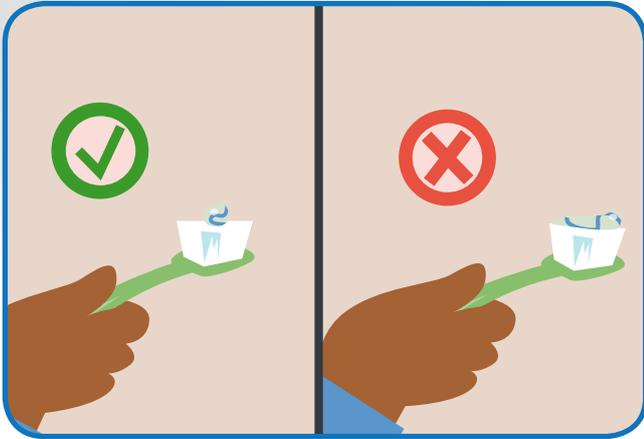
Ready, set, BRUSH!





What's in the picture?

TOOTHIE'S TIP 2



TOOTHIE'S TIP 3



TOOTHIE'S TIP 4



TOOTHIE'S TIP 5



TOOTHIE'S TIP 6



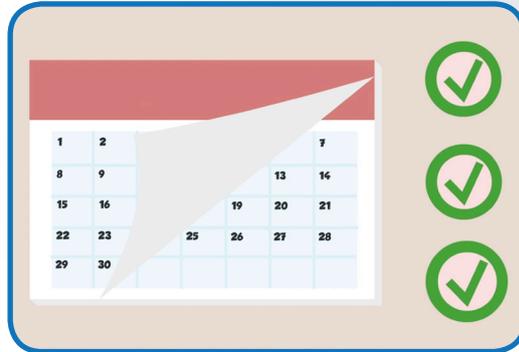
Ready, set, BRUSH!





What's in the picture?

TOOTHIE'S TIP 7



TOOTHIE'S TIP 8



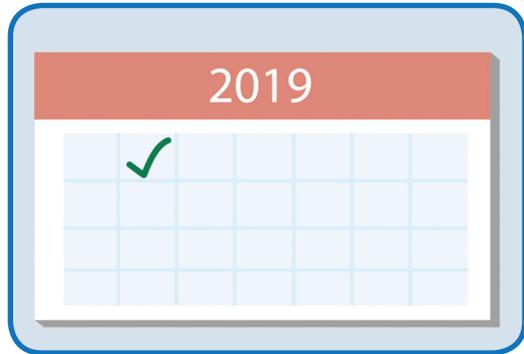
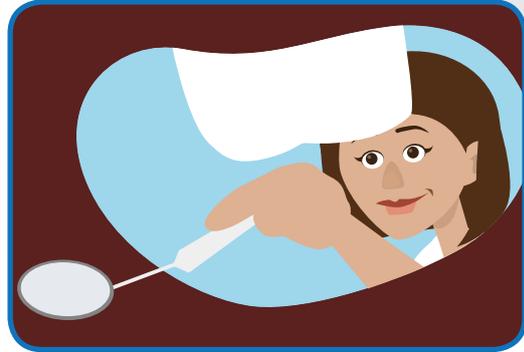
Ready, set, BRUSH!



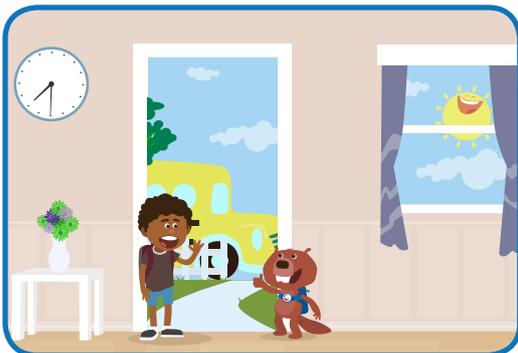


What's in the picture?

TOOTHIE'S TIP 9



TOOTHIE'S TIP 10



Ready, set, BRUSH!





Toothie's tips



Here are Toothie's tips on how to have a healthy mouth. Can you match the cards with the correct pictures?



CUT ALONG THE SOLID LINES CAREFULLY

Brush your teeth twice a day.

DID YOU KNOW? It is especially important to brush before going to bed.

Use a pea-sized dab of toothpaste to clean your teeth.

DID YOU KNOW? It is really important to use a fluoride toothpaste to protect your teeth.

Brush gently in a circle.

DID YOU KNOW? Brushing too hard, up and down or back and forth, can damage your gums.

Brush every tooth - front, back and all-around.

DID YOU KNOW? If you don't brush your teeth properly, they get covered in germs. This can lead to holes in your teeth.

Brush your teeth for 2 minutes.

DID YOU KNOW? It is a common mistake to not brush for long enough!

Spit out the toothpaste after brushing.

DID YOU KNOW? You should not rinse with water after brushing. It washes the fluoride away.

Change your toothbrush often.

DID YOU KNOW? You need to change your toothbrush every 3 months. A worn-out toothbrush won't clean your teeth properly.

Don't snack after you've brushed your teeth at night.

DID YOU KNOW? Going to bed with a clean mouth is very important. Otherwise, germs will stick to your teeth all night. This can lead to holes in your teeth.

Visit the dentist every year.

DID YOU KNOW? The dentist checks your teeth are growing properly and makes sure they are clean and healthy.

Avoid sugary snacks.

DID YOU KNOW? Our teeth are healthier and happier when we choose healthy foods and drinks. Too much sugar can make holes in our teeth.



Ready, set, BRUSH!



Mouth Heroes diary

Name: _____



Brush your teeth every morning and before bedtime.



MORNING



NIGHT

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



NOTE TO PARENTS: Help your child complete this toothbrushing diary. As their brushing Monitors and Helpers, draw a smiley face every time they brush correctly. They should brush every morning and night:

- ✓ using a pea-sized dab of fluoride toothpaste
- ✓ gently in a circular motion

- ✓ for 2 minutes

- ✓ without rinsing with water at the end, to stop the fluoride from being washed away



Ready, set, BRUSH!



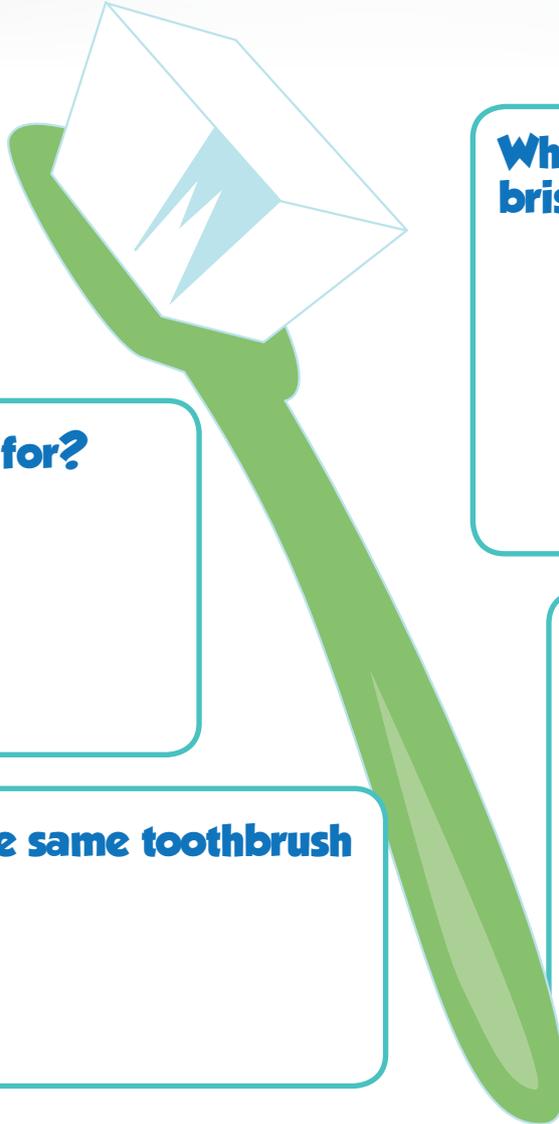


I'm a toothbrush!

Name: _____



Imagine an alien has come to visit who has never seen a toothbrush before. How would you describe a toothbrush to the alien?



What is it used for?

What are the bristles for?

Do you keep the same toothbrush for life?

How does the handle help?

What is Toothie's tip about toothbrushes?



Ready, set, BRUSH!





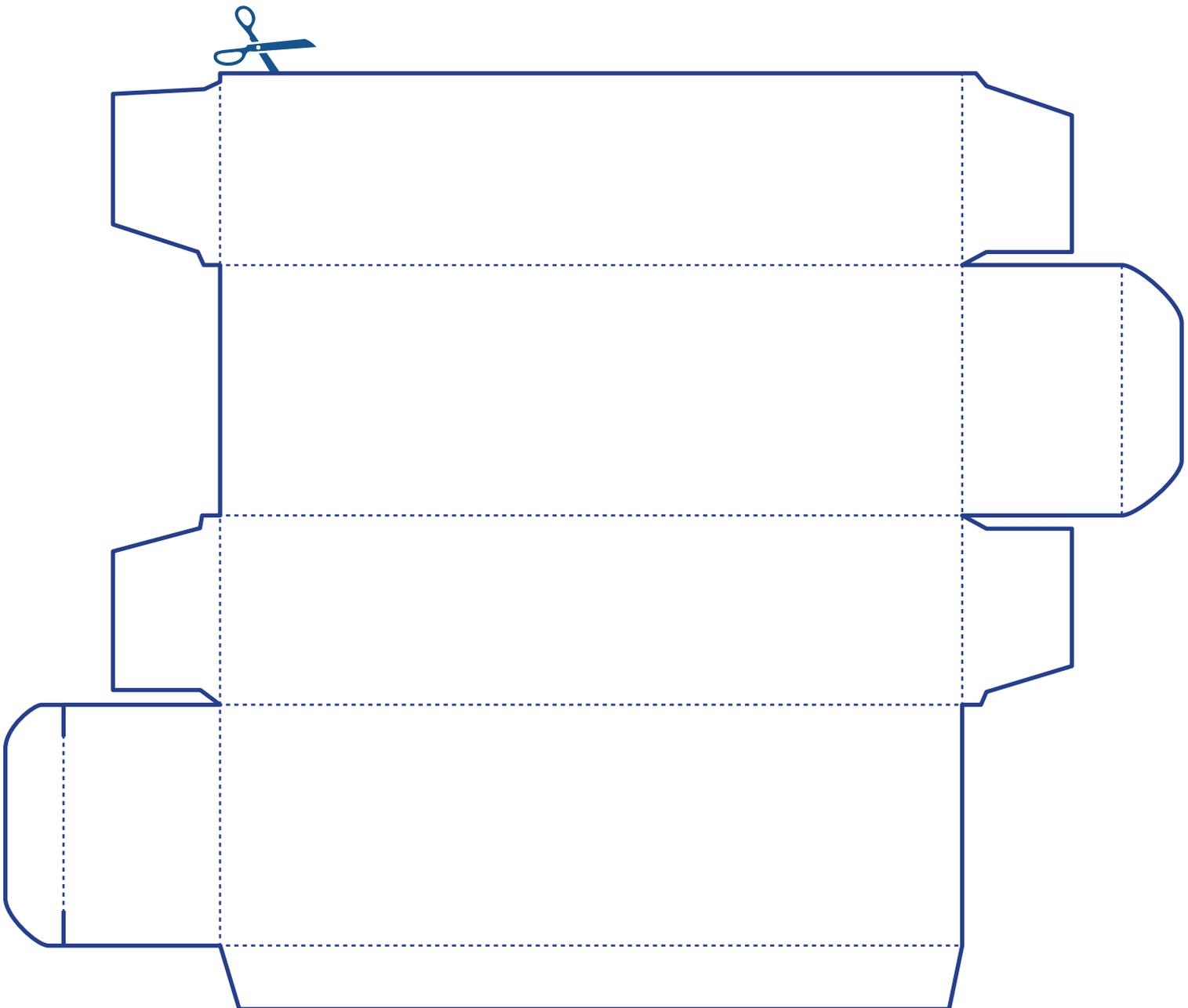
Toothie's toothpaste

Name: _____



Use the template of the toothpaste box to design your own toothpaste. Remember to include fluoride!

- 1 CUT ALONG THE SOLID LINES CAREFULLY
- 2 FOLD ALONG THE DOTTED LINES
- 3 GLUE THE TABS TO BUILD YOUR TOOTHPASTE BOX



Ready, set, BRUSH!





Toothie's tasty lunchbox

Name: _____



Prepare a healthy lunch. Will I enjoy it too?

What is the main part of your lunch?

What did you choose to drink?

What else did you choose?



Ready, set, BRUSH!





Toothie's plaque attack experiment

Name: _____



Investigate the effect of sugar and acid on our enamel.

My prediction

I think that

Experiment checklist

We need

What we did

THE RESULTS

How did the eggs look?

How did the eggs feel?

The conclusion

I learned that



Ready, set, BRUSH!





Happy teeth

Name: _____



Make a promise to do something that you are not doing already for a healthy mouth.

CUT AROUND THE TOOTH CAREFULLY



I promise to _____

Sign _____



Ready, set, BRUSH!





Advice for a healthy mouth



Below are a set of cards for your role play activity.
Use them to offer advice.

CUT ALONG THE SOLID LINES CAREFULLY



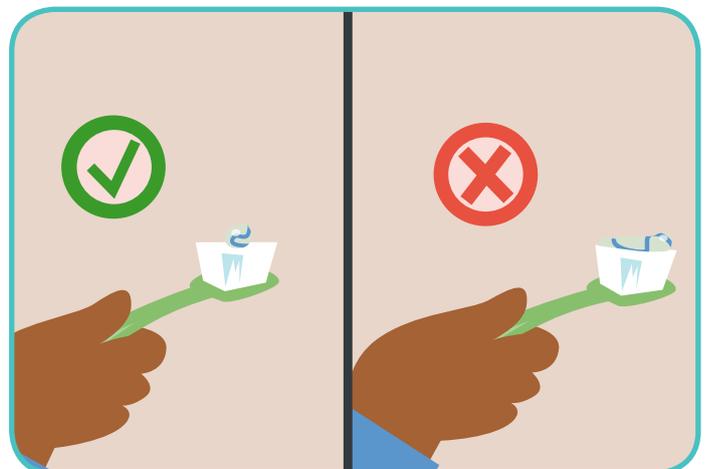
BRUSHING CARD

- ✓ How many times do your patients brush their teeth every day?
- ✓ Do they brush gently in a circle? How long do they brush for?
- ✓ Do they brush every tooth – front, back and all-around?
- ✓ Do they know they should not rinse with water after brushing?



TOOTHPASTE CARD

- ✓ Do your patients know how much toothpaste to use to brush their teeth?
- ✓ Do they know it's important to use a fluoride toothpaste?



Ready, set, BRUSH!





Advice for a healthy mouth



Below are a set of cards for your role play activity. Use them to offer advice.

CUT ALONG THE SOLID LINES CAREFULLY



BEDTIME CARD

- ✓ Do your patients brush their teeth before bedtime?
- ✓ Do they snack after they've brushed their teeth at night?
- ✓ Do they understand the importance of going to bed with a clean mouth?
- ✓ Do they know germs will stick to their teeth all night if they snack after brushing?



HEALTHY EATING CARD

- ✓ Do your patients know what foods and drinks are healthy for their teeth and body?
- ✓ Do they avoid sugary snacks?
- ✓ Do they know too much sugar can make holes in our teeth?



Ready, set, BRUSH!





Advice for a healthy mouth



Below are a set of cards for your role play activity.
Use them to offer advice.

CUT ALONG THE SOLID LINES CAREFULLY



TOOTHBRUSH CARD

- ✓ Do your patients know they need to change their toothbrush every 3 months?
- ✓ What will clean their teeth better – an old, worn-looking toothbrush or a brand new one?



DENTIST CARD

- ✓ Do your patients know they should visit the dentist at least once a year?
- ✓ Do they know how the dentist helps them?
- ✓ Tell your patients how you help them.



Ready, set, BRUSH!





Patient record

Name: _____



Record important information about how your patients take care of their teeth. For example:

- ✓ How many times does the patient brush each day?
- ✓ Is the patient brushing their teeth correctly?
- ✓ Does the patient avoid sugary snacks?

Patient name

Notes about the check-up



Ready, set, BRUSH!

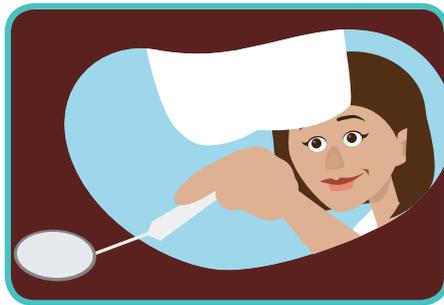
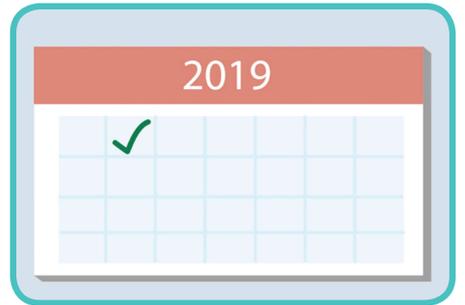
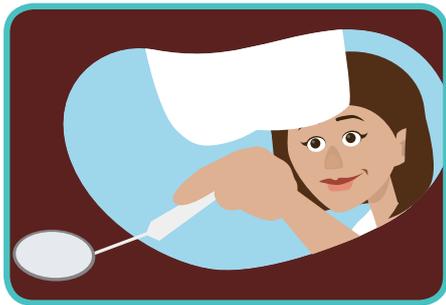




Give Toothie a voice!



Write a script or voice-over for my video to encourage everyone to visit the dentist.



THUMBS UP!



Ready, set, BRUSH!





GOOD WORK !

This certificate is awarded to:

You have been awarded this certificate for all your hard work on how to keep a **healthy mouth** and **teeth!**

You have shown that you understand:

-  Why teeth are important.
-  How to keep them clean and healthy.
-  Why you should choose healthy foods and drinks over sugary ones.
-  Why regular check-ups at the dentist are so important.

TEACHER'S SIGNATURE

DATE

Keep up the good work !

