

Activity: Brush off monsters



What you will need

- ★ A copy of **picture of teeth** for each child
- ★ Plastic pocket (or laminate picture)
- ★ Whiteboard markers
- ★ Toothbrush

What to do

Print a **picture of teeth** and put it inside a clear plastic envelope (or laminate picture).

Draw funny-looking bacteria monsters on it with whiteboard markers.

Children brush off monsters with an old toothbrush.

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.

Key messages for children

- ★ 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 grown up needs to help you brush your teeth.

Download **picture of teeth**

Dental Health Services Victoria

www.dhsv.org.au/oral-health-programs/hfhs/healthy-little-smiles

