

Activity: Brush off monsters

What you need

- ★ Download copy of picture of teeth
- ★ Plastic pocket (or laminate picture)
- ★ Whiteboard markers
- ★ Toothbrush

What to do

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

Draw funny-looking or germs (or sugar bugs) on it with whiteboard markers.

Children brush off germs with a toothbrush.

Ask children:

Talk to the children about our teeth and how we keep our teeth clean and healthy.

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

When should you brush your teeth? After breakfast and before bed.

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



Key messages for children

- ★ To keep teeth healthy we brush every morning and every night before bed
- ★ Tooth brushing with fluoride toothpaste keeps teeth clean, healthy and strong
- ★ Spit out the toothpaste after you finish brushing
- ★ A grown up needs to help you brush your teeth
- ★ If we don't brush our teeth they can get holes and that makes them sore

Download picture of teeth

DHSV website
www.dhsv.org.au

