

Activity: Let's brush



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.

What you will need

- ★ 2-litre plastic bottles – Cut the bottoms off and paint white on the inside
- ★ Toothbrushes

What to do

Turn 2-litre bottoms upside down so they look like giant teeth.

Give the kids toothbrushes to brush the teeth clean.

Ask children

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