

Activity: Let's brush

What you need

- ★ 2-litre plastic bottles
- ★ Toothbrushes

What to do

Cut the bottoms off 2-litre plastic bottles and paint white on the inside.

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

Give the children toothbrushes to brush the teeth clean.

Ask children:

Talk to the children about what their teeth do and how to look after them.

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!



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

