

Activity: Brush your teeth colour-in

What you need

- ★ Copy of Brush Your Teeth colouring page
- ★ Crayons or textas

What to do

Give each child a copy of the Brush Your Teeth colouring page to colour in

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.

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.

A big person like mummy or daddy needs to help you brush your teeth.



Download Brush Your Teeth colouring page
education.com website
[www.education.com/worksheet/article/
life-learning-brush-teeth](http://www.education.com/worksheet/article/life-learning-brush-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

