

# Superhero Smiles: Why Teeth Are Important!

## Oral Health Activity for Early Childhood Classroom

### ITEMS NEEDED:

- 1 large cookie sheet – I spray painted one black
- 1-2 rolls of magnetic tape – will need to cut into pieces
- Colored pictures of food, drinks and people in various uniforms including dental professionals
- Cover front and back of pictures printed on card stock with clear contact paper or laminate. Cut piece of magnetic strip and stick on back of picture. Can reuse and don't worry about it getting bent or dirty.
- This activity can be done in several different ways with students.

### OUTLINE:

1. **Introduce self** and tell the children you are here to talk about their teeth.
2. **Why are teeth important?**
  - Eating and chewing
  - Smiling and feeling good about ourselves
  - Speech/help us to pronounce words and sounds like F, V, and L
3. **How can we take care of our teeth?**
  - Brushing 2 x day in the morning and at night
  - Eat healthy foods and drinks
  - Visit the dentist at least once a year.
4. **Demonstrate tooth brushing**
  - How much toothpaste to use on their toothbrush – (Small smear size of grain of rice)
  - Demonstrate brushing using a typodont or puppet with teeth.
  - Circle brushing all sides and the chewing surfaces of each tooth
  - How to brush the tongue
  - Don't need to rinse with water after brushing
5. **Thank the students** for being good listeners.

