

# National Smile Month 2022



**16th May - 16th June  
Activity Pack**

**From Healthy Teeth,  
Happy Smiles**

**Including:**

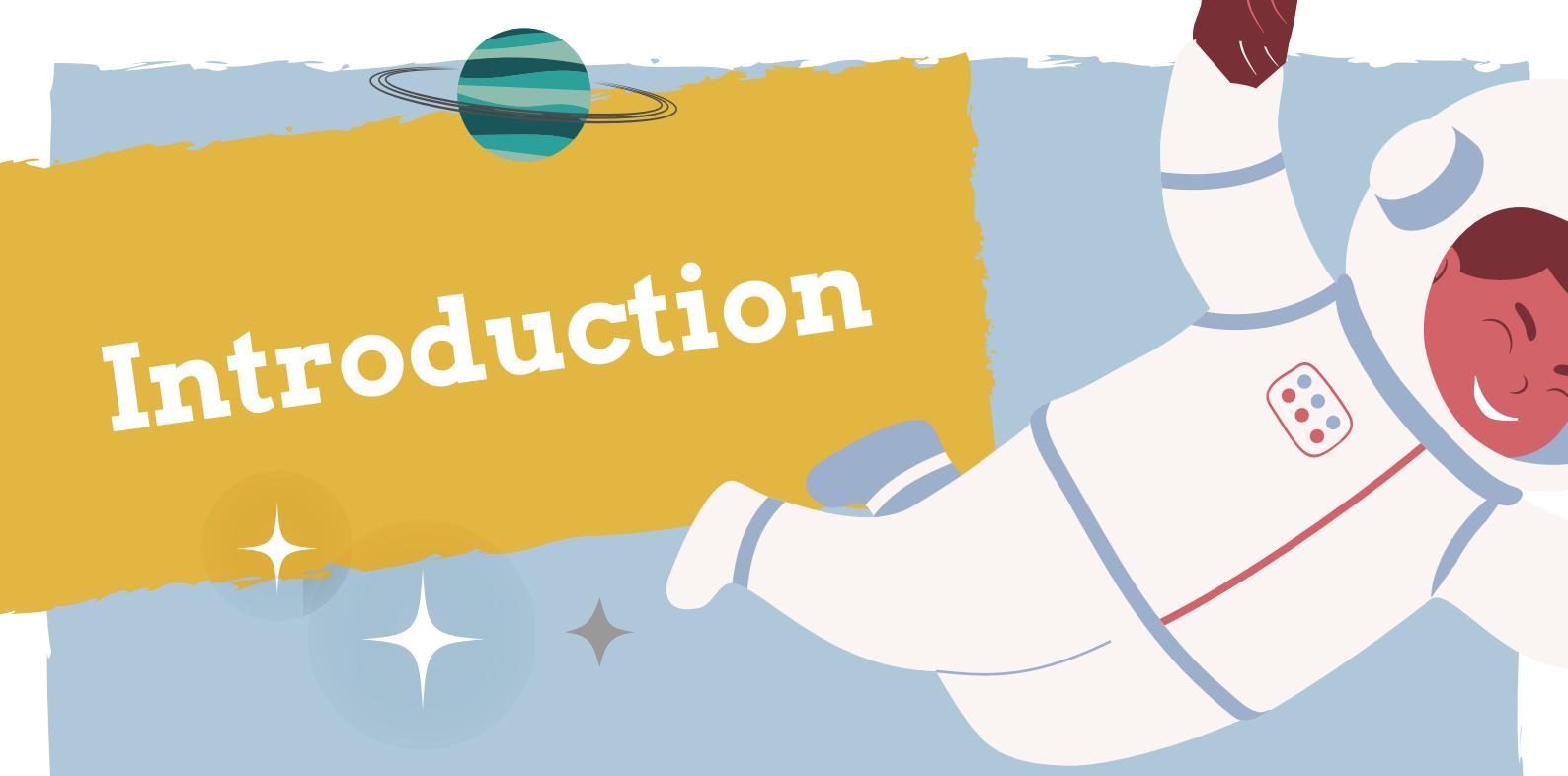
- Tips and tricks
- Fun facts
- Puzzles



**Contact us:**

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# Introduction



National Smile Month happens every year in May and June. This year National Smile Month begins on the 16 May and ends on the 16 June.

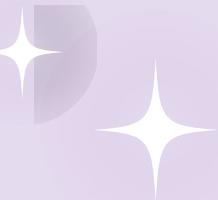
In this pack you can find information about oral health, tips and tricks, and some fun activities for children. If you enjoy our pack we would love to see your pictures! Tag us on Facebook at Live Well Leicester or on Twitter @LiveWellLeics.

If you have any questions about the pack, please email our team at:

**[healthyteethhappysmiles@leicester.gov.uk](mailto:healthyteethhappysmiles@leicester.gov.uk)**



# What is National Smile Month?



National Smile Month is a big campaign across the UK that promotes good oral health.

Across the month, thousands of individuals and organisations spread key oral health messages about keeping a healthy mouth.

This year we are helping our 'out of this world' friend to learn about healthy teeth and healthy food ready for their space mission.



# How to look after your teeth

Brush twice a day for 2 minutes - once before bed and one other time, using a fluoride toothpaste.

Keep sweet foods and sugary drinks to meal times to reduce acid attacks on your teeth.

Spit out your toothpaste after brushing, and don't rinse with water afterwards. The active ingredient in toothpaste is fluoride. It is great for protecting our teeth, but it needs time to soak in without being washed off.



# How to look after your teeth



Once your baby is 6 months old, swap their bottle for a free flow Sippy cup. At night only put water or milk into a bottle or cup.

Visit a dentist for a check up. Book your baby to see the dentist when they get their first tooth.

If you're not registered with a dentist don't worry. Visit the NHS website and click on 'Find a dentist.'

Find a dentist -  
**NHS ([www.nhs.uk](http://www.nhs.uk))**



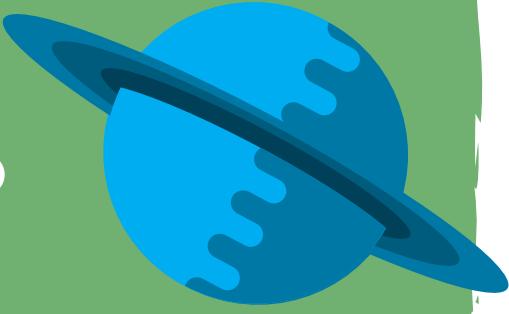
# Activity 1: Match the Toothbrush



It's time for our astronaut to brush their teeth. Can you help them to match the toothpaste colour to the correct toothbrush?



# Activity 2: Wordsearch



Our astronaut needs some tooth friendly snacks and drinks to help keep fit and healthy! Can you find all the healthy foods and drinks? How fast did you find them?

P	H	B	T	U	W	R	X	C
E	O	R	W	Y	N	I	B	H
P	R	E	B	A	U	S	M	E
P	X	A	U	M	T	L	Y	E
E	W	D	H	O	S	E	A	S
R	U	M	R	A	C	B	R	E
S	T	R	I	L	A	X	W	U
B	A	H	T	O	M	I	L	K
C	E	L	E	R	Y	T	H	B

- Peppers
- Milk
- Cheese
- Celery
- Bread
- Nuts
- Water
- Carrots

# Activity 3: Rocket Skewers



All this searching for snacks has made our astronaut hungry. Are you ready to make some rocket skewers?

## What you will need:

- Watermelon
- Banana
- Kiwi
- Strawberries
- Cantaloupe melon
- Skewers
- An adult to help with cutting the fruit!

## Method:

Cut the watermelon into triangles (these will create your nose cones for your rockets.)

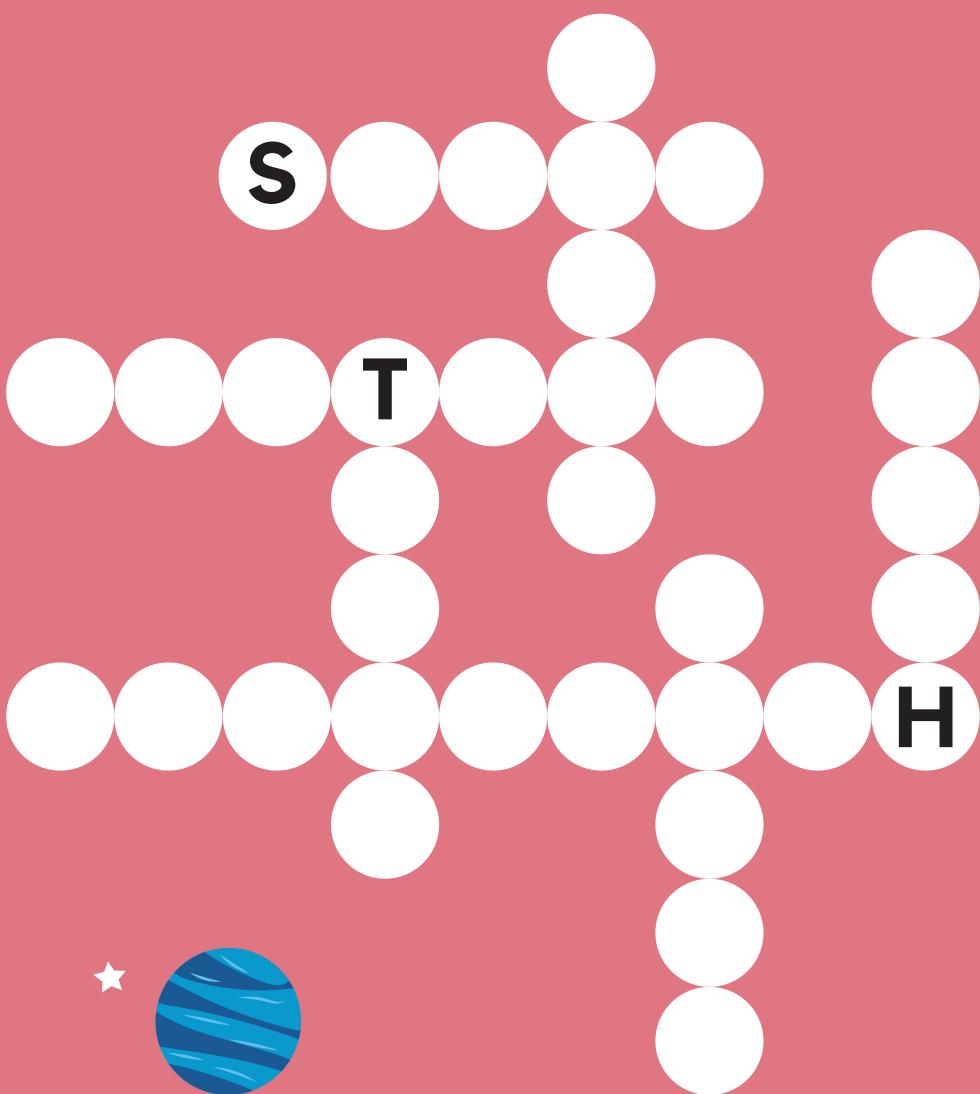
Then cut your banana, kiwi and strawberries into discs and layer them on a skewer.

Lastly cut your cantaloupe melon into flames and place at the bottom of your skewer to create your rocket spaceships.

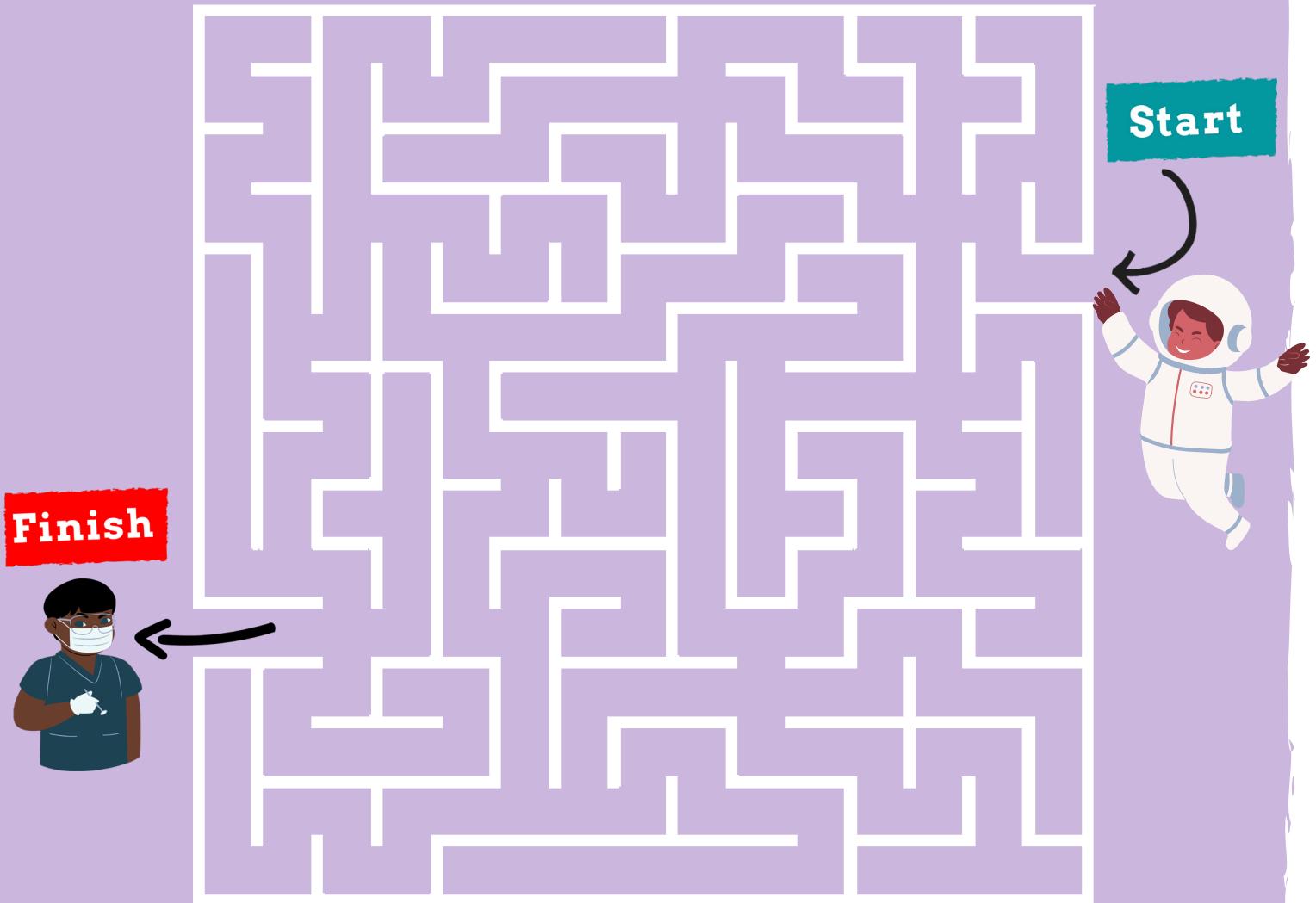
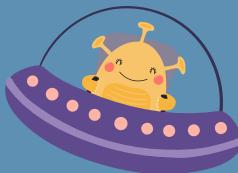


# Activity 4: Crossword

Our astronaut is getting ready to visit the dentist. Can you help find all the words from the list below before their examination?

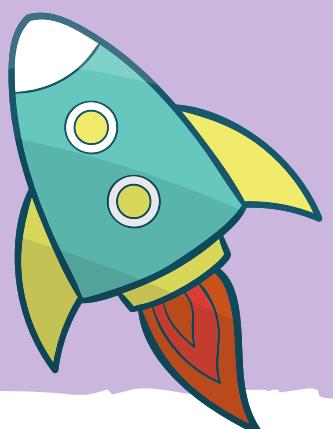


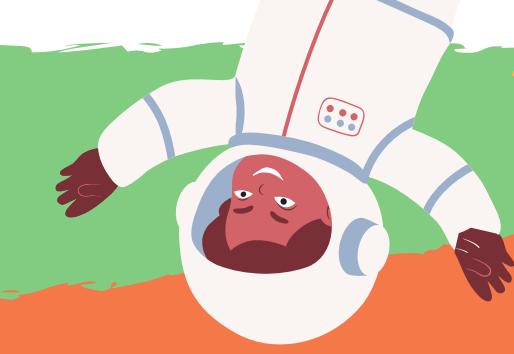
# Activity 5: Dental Maze



Astronaut is now ready to visit the dentist before the big spaceflight but can't seem to find the way there!

Can you help our astronaut to find the dentist?





# Activity 6: Match the words

Our astronaut needs to connect the words before the Great British Brushathon. Can you help match the oral health words to the correct picture?



DENTIST



TONGUE



FLOSS

TOOTHPASTE



MOUTHWASH



TOOTH



TOOTHBRUSH

# Activity 7: The Great British Brushathon



Join us on Wednesday 15th June, for The Great British Brushathon! The Brushathon will connect people from all around the world and 'out of this world,' in one giant communal brushing event!

To take part all you need to do is take a selfie whilst brushing your teeth and post it to social media.

Or, if you want to get a bit more creative you can film a video of yourself brushing. Get your family or friends to join in too!

It's that easy.

Use the hashtag  
**#GreatBritishBrushathon**  
or **#LeicesterBrushathon**  
with your selfies, videos,  
and messages throughout the  
day so we can see how you  
have taken part!



# Activity 8: Complete the words

We've almost finished our oral health space training! Can you complete the words by finding the missing letters? You can use other pages to find the correct spelling.

Can you colour the 2 items the astronaut should take on the space mission to keep their teeth healthy?

R\_CK\_T

T\_\_T\_P\_ST\_

AS\_RO\_A\_T

D\_NT\_\_T

\_OOT\_B\_US\_



# Activity 9: Draw the astronaut

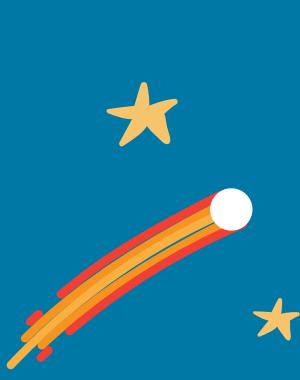
We are now ready to suit up! Draw the astronaut completing each of these activities (remember to draw the cool spacesuit, too).

Brushing teeth for 2 minutes

Spitting the toothpaste without rinsing

Eating tooth friendly snacks and drinks

Visiting the Dentist



# Mission Control

# Certificate of excellence

Proudly presented to:

who has successfully completed oral health space training and is hereby declared ready for lift-off!



Date: .....



# Healthy Teeth, Happy Smiles!

[www.leicester.gov.uk/healthypeethappysmiles](http://www.leicester.gov.uk/healthypeethappysmiles)



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