

# National Smile Month

## Activity pack

**17 May to 17 June 2021**

From Healthy Teeth, Happy Smiles

This pack includes:

- Tips and tricks
- Fun facts
- Puzzles

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## Introduction

National Smile Month happens every year in May and June. This year National Smile Month begins on the 17 May and ends on the 17 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! Post your pictures online and be sure to use the hashtag #smilemonth on Facebook @LiveWellLeicester and Twitter @LiveWellLeics. Remember to smile! 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 nationwide campaign that promotes good oral health.

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

This pack explores oral health by looking at oral health in dinosaurs, and the medieval times!

## 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 mealtimes 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.

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 [www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist) to find a local dentist.

## Activity 1: Wordsearch

Find the toothbrushing related words in the grid below!  
Can you find them all? How fast can you find them?

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

Teeth

Gums

Clean

Dentist

Smile

Brush

## Activity 2: Count the teeth

How many dinosaur teeth do you count? Add them together, then write the correct answer in the box or on a piece of paper.

				Number of dino teeth
				
				
				

## Activity 3: Whose teeth?





Do they look like your teeth?

What is different about them?

What is the same?

## **Activity 4: Let's get creative!**

Kings and queens in medieval times often lived in castles. Try making a castle for your toothbrush to stay in!

- 1) Find a container that you can use as a base - maybe a plastic jar that you've finished the food from
- 2) Decorate the outside of the container to look like a castle - you can use paper, pens, paint or whatever you like. You could add a tower to the side too!
- 3) Brush your teeth then add your toothbrush to its new home



## **Activity 5: The Great British Brush-a-thon**

Join us on Wednesday 2nd June, for The Great British Brushathon!

The brushathon will connect people from all around the 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 Live Well Leicester's Facebook or Twitter social media using the hashtag **##LeicesterBrushathon** or **#GreatBritishBrushathon**.

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.

## Activity 6: Tooth-friendly food

In medieval times, most people ate vegetables, grains and some meat or fish which is a good diet for your teeth.

Can you pick the foods below that are better for your teeth?



## Activity 7: Complete the words

Can you complete the words by finding the missing letters?

You can fill them in on the page or write the whole word out on another piece of paper.

Use other pages to help you find the right spelling.

T O O \_ H B R U \_ H

\_ E N \_ I S T

S M \_ L E

T O O \_ H P A \_ T E