

Cross-Curricular Supplemental Activity Packet

Save Your Smile



This packet contains classroom activity suggestions and worksheets to reinforce concepts from the Playbook® story and to go beyond the story into the content areas of Language Arts, Math, Science, Social Studies, Art, Health, etc., as well as Character Development.

Activities range in age appropriateness and skill level so that teachers can choose activities that best suit their particular students. An Answer Key is provided on the last page.

Name _____

Visiting Dr. Lee



Directions: Circle “Yes” or “No” to answer the questions about the story, ***Save Your Smile***.

1. Was Dr. Lee ever afraid of the dentist?

Yes/No

2. If a hole in your tooth gets fixed, is it ever as strong as before?

Yes/No

3. Is it good for your teeth if your mouth feels wet?

Yes/No

4. In the story, did the kids get prizes that were shaped like tooth brushes?

Yes/No

5. In the story, were the model teeth copied from Dr. Lee’s father’s mouth?

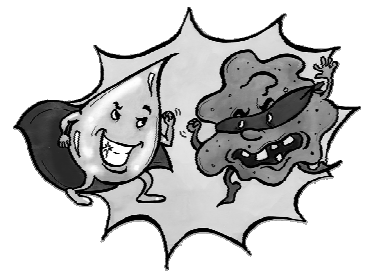
Yes/No

6. Did anything hurt for Mark at the dentist?

Yes/No

Name _____

The Good Guys and the Bad Guys



Directions: Write in the box on the left what good things saliva does and how we can help make it strong. Write in the box on the right what bad things germs do and how we can help get rid of them.

The Good Guys: Saliva	The Bad Guys: Germs
What do they do?	What do they do?
How do we help them?	How do we get rid of them?

The Right Way to Brush

In the story, you learned that brushing your teeth keeps them clean and strong. For it to work, you need to do it right! Here are some tips on how to brush to make your teeth healthy every day.

- ♦ When brushing, tilt the brush so it touches both the edge of your gums and the front of your teeth.
- ♦ Brush 2-3 teeth at a time, using a fast motion in the shape of tiny circles or rolling back and forth.
- ♦ Don't forget the backs of your teeth. Remember to use the brush on both your gums and teeth at the same time.
- ♦ Also hold the brush pointing straight into your mouth to brush the backs of your front teeth. Make 2-3 quick motions with the front half of the brush.
- ♦ Brush back and forth on the top and bottom surfaces of your back teeth.
- ♦ Brush your teeth at least twice a day for 3-4 minutes at a time. Your mom or dad should help show you how long is long enough.
- ♦ Brush after you eat sweet foods, too, when you can.

**Get rid of
this guy!**



Note: Instructor should read the lesson to students.

Name _____

Count and Color



Directions: These germs are being washed away by water.

Color the first germ brown.

Color the second germ green.

Color the third germ red.

Color the fourth germ blue.

Color the fifth germ purple

Color the sixth germ yellow.

Color the seventh germ orange.

Losing Your Baby Teeth: Everyone Does It!



Directions: Your teacher will read you these facts about losing your teeth.

- ♦ Everyone gets two sets of teeth in their life, so when you are about six or seven years old, your first set of teeth will start to fall out.
- ♦ Don't worry ... when you were a baby you had no teeth at all, and the teeth you have now grew in. Your new teeth will grow in after you lose your baby teeth.
- ♦ You need new teeth because you are growing, but teeth do not get bigger! Just like your feet get too big for your shoes, your mouth gets too big for your teeth! If you did not get new, bigger teeth, they would be too small for your mouth.
- ♦ You may still have some small baby teeth until you are 12 or 13 years old.
- ♦ Your adult teeth are growing in your gums, and when they are ready to move into your mouth, they push the small baby teeth out to make room.
- ♦ It is important to take good care of both your baby teeth, and your adult teeth when you get them. The baby teeth save a place for the adult teeth, and you will keep your adult teeth for the rest of your life if you make sure they stay healthy!

Save Your Smile

Answer Key

For Teacher Use Only

Visiting Dr. Lee

1. Yes
2. No
3. Yes
4. No
5. No
6. No

The Good Guys and the Bad Guys

The Good Guys: Saliva

They keep our mouths wet and keep the bad guys out. We can help them by eating healthy foods, like carrots and celery, and drinking a lot of water.

The Bad Guys: Germs

They make our teeth sick by trying to make holes in our teeth, called cavities. We can get rid of them by brushing our teeth regularly and getting rid of the sticky stuff.



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