

caring for our teeth

PSHE & Science for
pupils aged 5-7

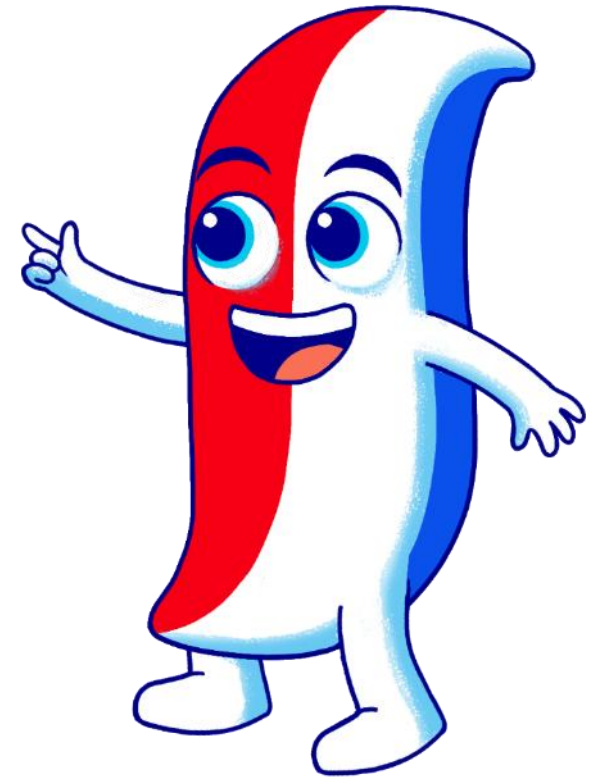


Lesson 1

N.B. See notes
for guidance

In this lesson ...

- Why do we clean things?
- What are mouths for?
- Taking care of our teeth.
- Quiz.
- 21-day toothbrushing challenge.





Hi!
I'm **Freshy!**
I'll help you join
me in the Shine
Bright Club.

First you'll need to
take the 21-day
**toothbrushing
challenge!**

I brushed my teeth!

21-day toothbrushing challenge for

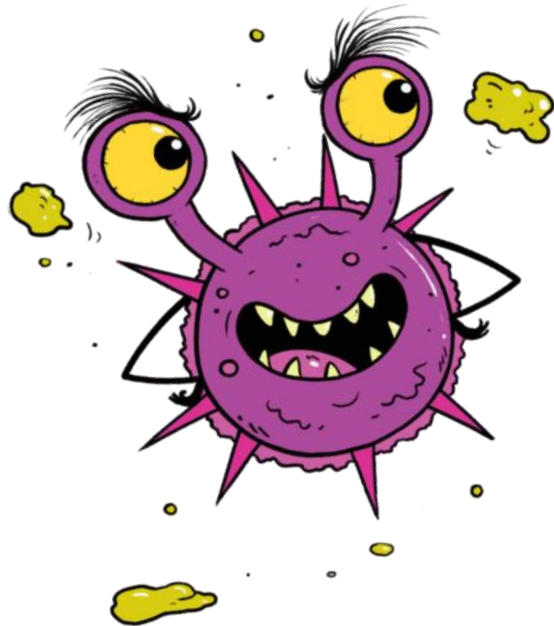
Brush when you wake, brush before bed. Colour the shapes after you brush!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
week 1							
week 2							
week 3							

After 21 days, bring your calendar back to school for a celebration!

shine bright club

Hmph!
I'm **Sugar-Bug**,
a type of bad germ.
I live on teeth.
Brush to get rid of me!



Hello.
I'm **2-Fee**.
Keep me clean
and shining bright!

Why do we clean things?



To **keep bad germs away**, that can make us ill.

Some germs are helpful.
For example, good germs in natural yogurt help keep our bodies healthy.



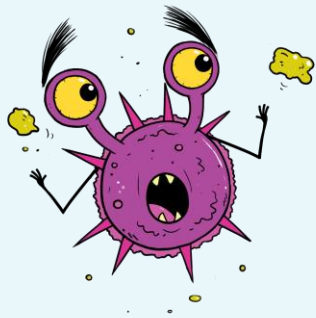
What are some things we do to keep things clean?



Activity

Draw some germs

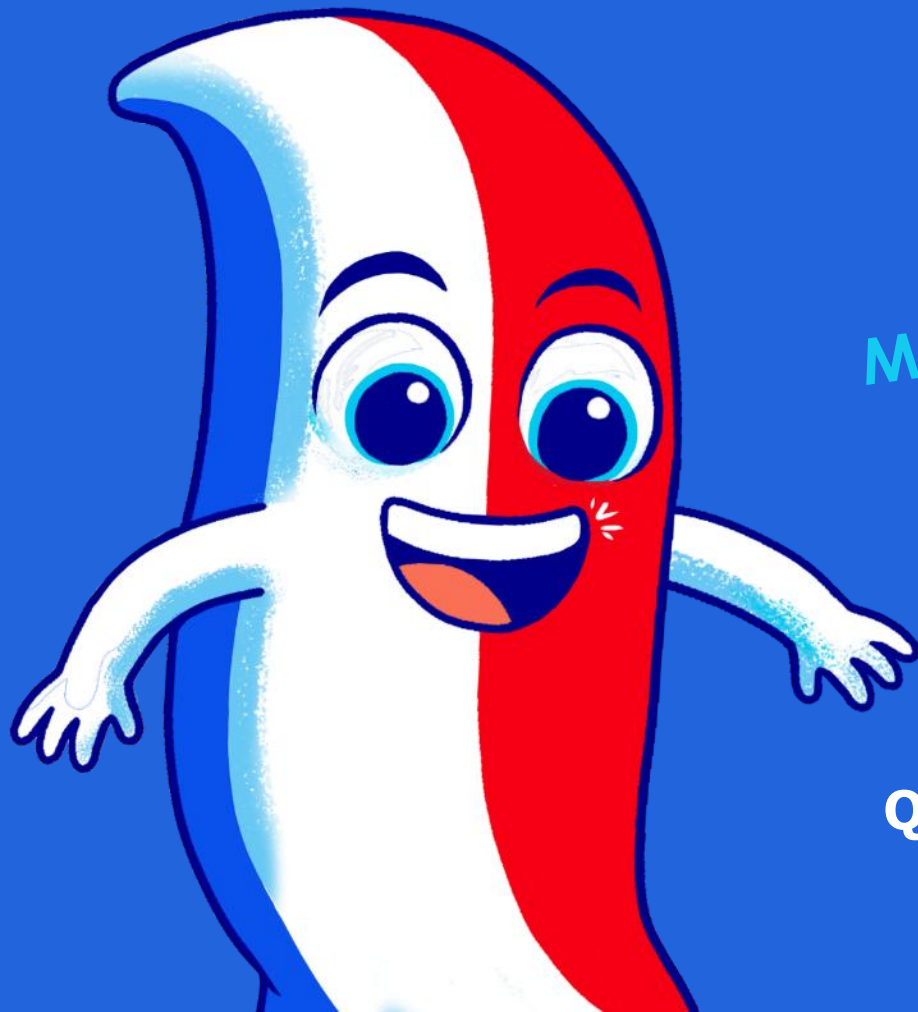
Here's a **bad germ**
trying to attack
someone's teeth ...



Here's a **good germ** in
natural yogurt, helping
keep our bodies healthy ...



What do our mouths and teeth help us do?

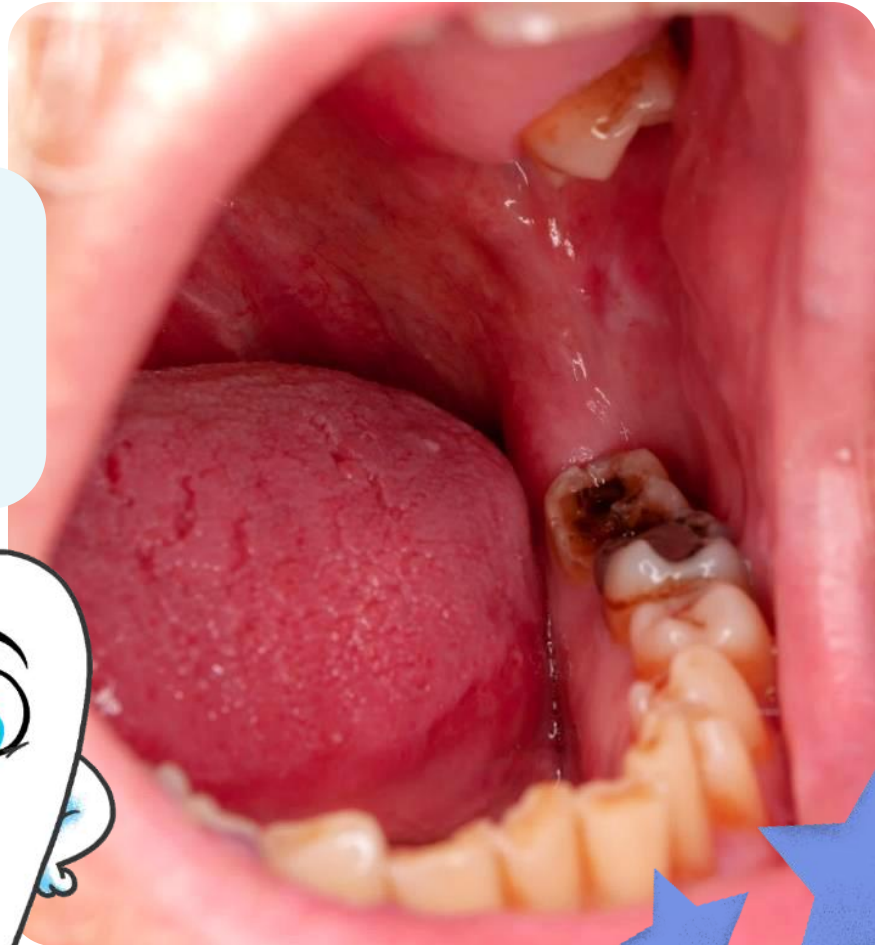
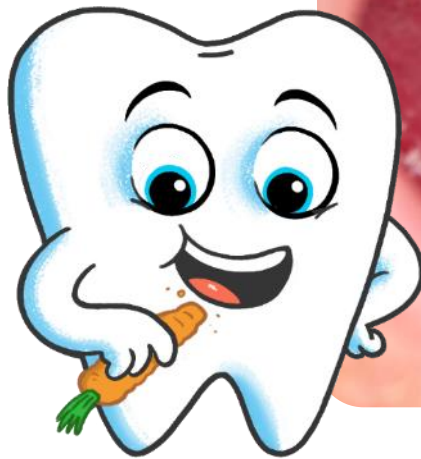


Talk Whistle Bite
Breathe Suck Drink
Make music Taste
Spit Lick
Smile Eat Kiss

Q: What would it be like
if we had no teeth?

A sore tooth can make it hard to eat normally

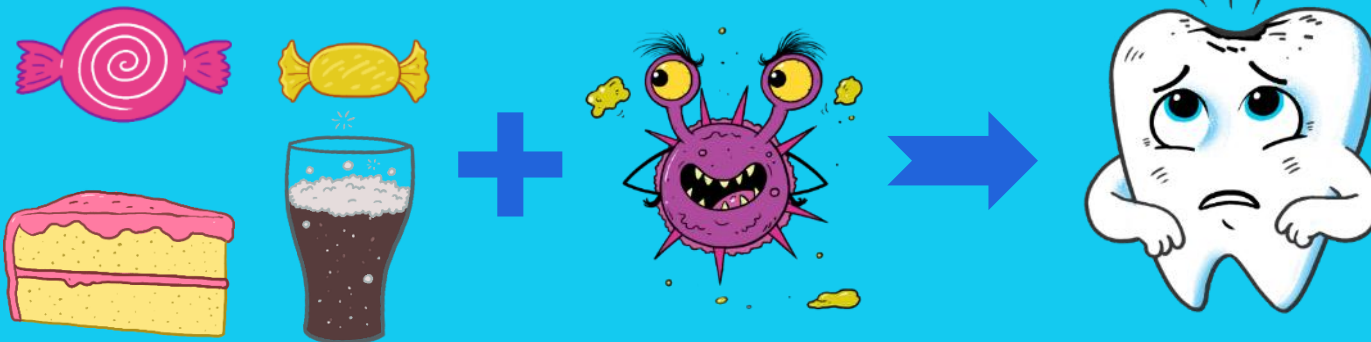
I love eating carrots
but it can be **painful** if
I have a **sore tooth**.



What is a cavity?

A cavity is a **hole**.

Sugar-Bugs in our mouths
use **sugar** to make
painful **cavities**.



No one wants
toothache!

Freshy is here to help keep
your smile shining bright!

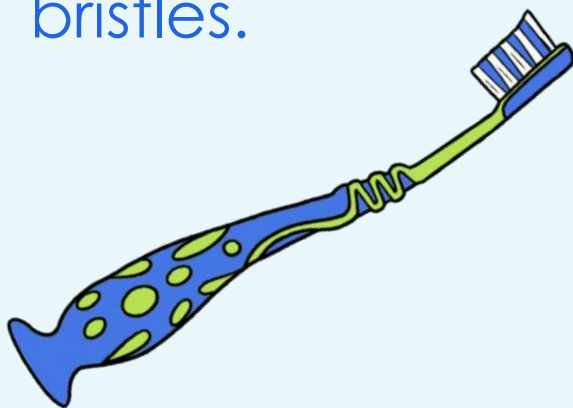


Cavities **can**
be prevented.
How?

By **brushing** all your
teeth properly.
And **eating healthily.**

How do you brush your teeth properly?

Use a **child's toothbrush** with a **small head** and medium or soft bristles.



And a **fluoride** toothpaste.

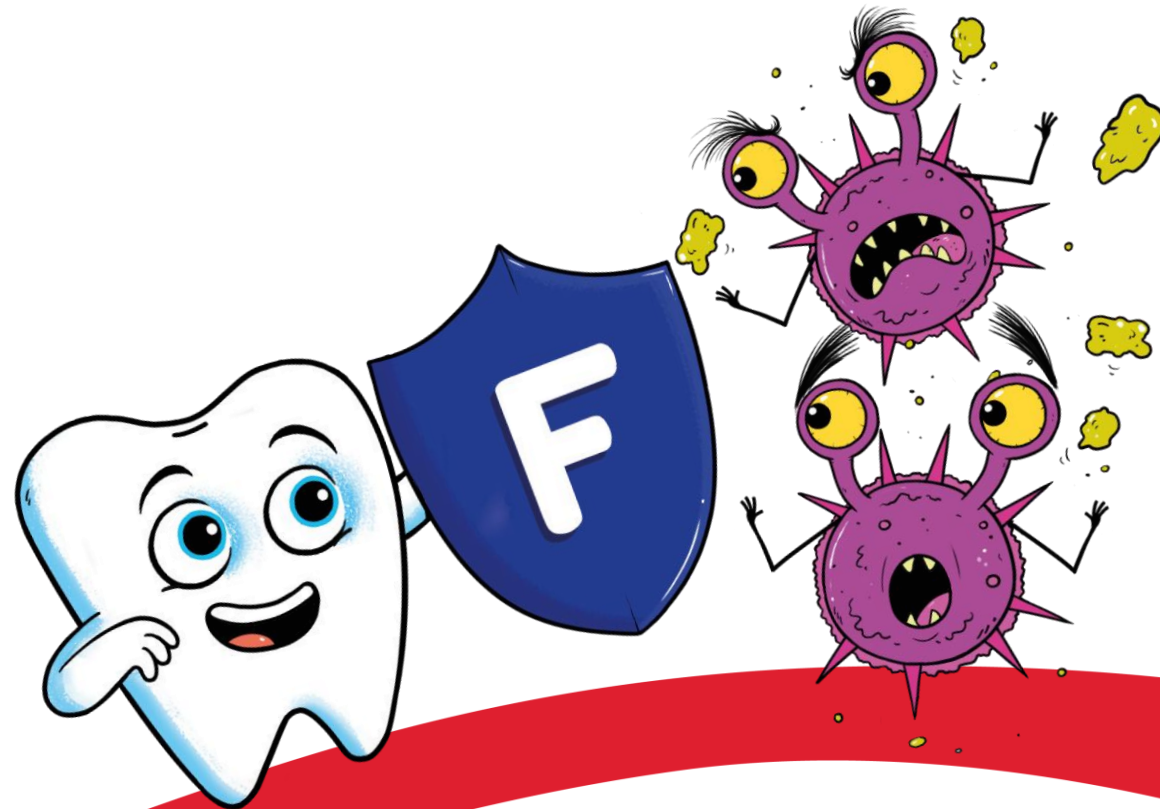


Then you can **brush away** Sugar-Bugs and keep your shining smile.



Ask a grown up to help you

Fluoride toothpaste keeps teeth strong



How to brush teeth properly

Step 1

Pop a **pea-sized blob of toothpaste** on your brush.



Brush outside, from back to back

Step 2

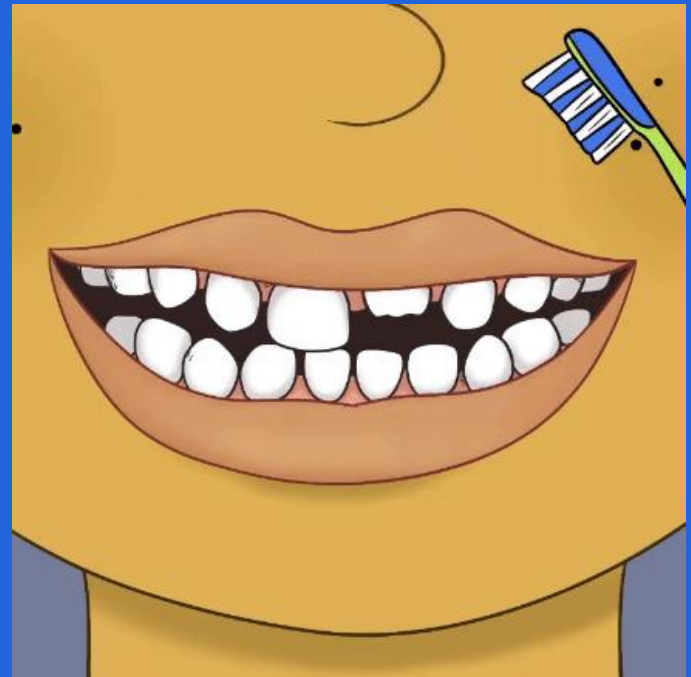
Close your teeth together.

Start at one side, at the back.

Move your toothbrush in
small circles ...

... to the back of the other side.

Go gently!



Open wide!

Step 3

Brush the tooth surfaces
that crunch.

Brush the top and bottom.

Brush the whole bunch.

Slowly does it!



Brush inside, from back to back

Step 4

Start at one side at the top and back.

Brush inside, from back to back.

Brush top and bottom, every tooth.

Brush your tongue as well!

Now **the tricky part**, can you copy me?



Spit, don't rinse

Step 5

Why?

Fluoride is the shield
that protects your
teeth – you don't
want to rinse it all
away!



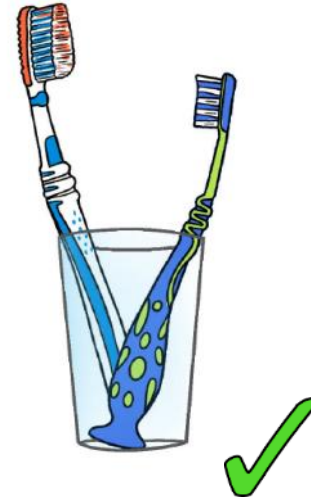
Keep your toothbrush clean

Rinse your toothbrush with water.

Let the bristles dry in the air.

Old toothbrushes don't clean well.

If yours looks tired, it's time for a new one.





**Brush when
you wake.**



**Clean and
protect** your
teeth, ready for
the day ahead.

**Brush
before bed.**



**Sugar-Bugs keep
working** through the
night.

So **shield your teeth**
with fluoride before
you fall asleep.

Introducing the Shine Bright song



**Brush when you wake,
brush before bed. (x3)**



**Look in the mirror who can I see,
shining brightly back at me?**



**Round and round, up and down,
side to side, go gently.
Brush those Sugar-Bugs away.
Come shine, shine brightly with me.**



The Shine Bright Song



Can you do the actions?





Quiz

How many can you
get right?



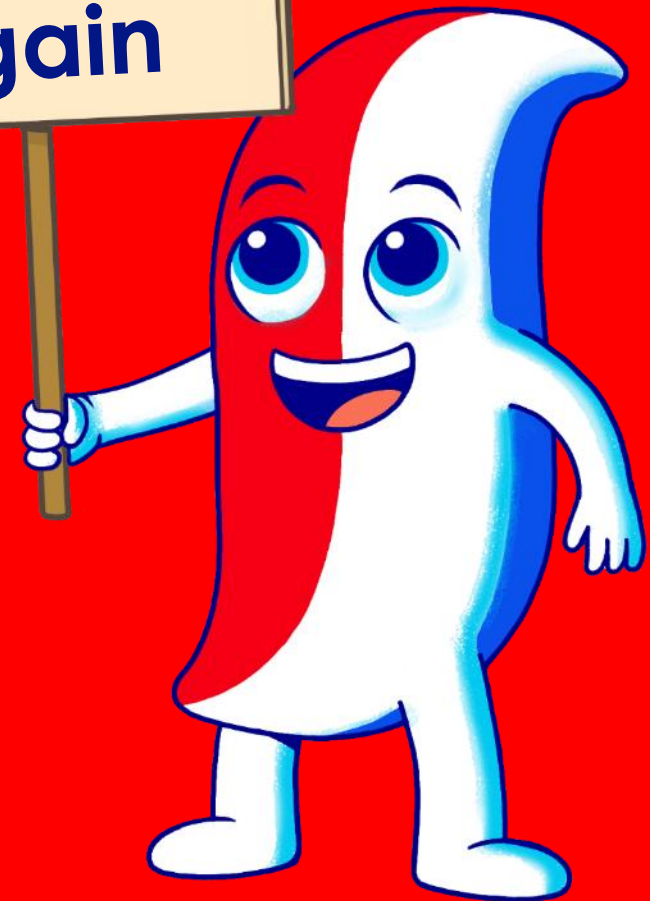
What makes cavities?

- a. Miners with pick-axes
- b. Carrots
- c. Sugar-Bugs and sugar



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer c.

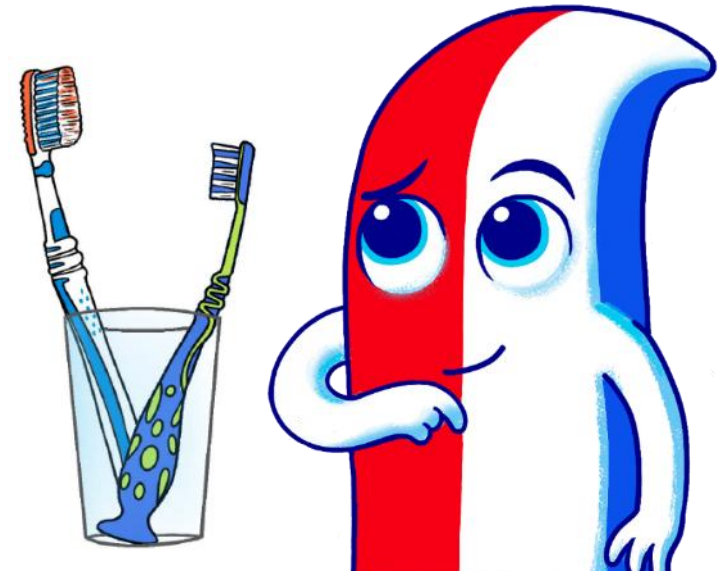
Sugar-Bugs in your
mouth use sugar to
make painful cavities



Next

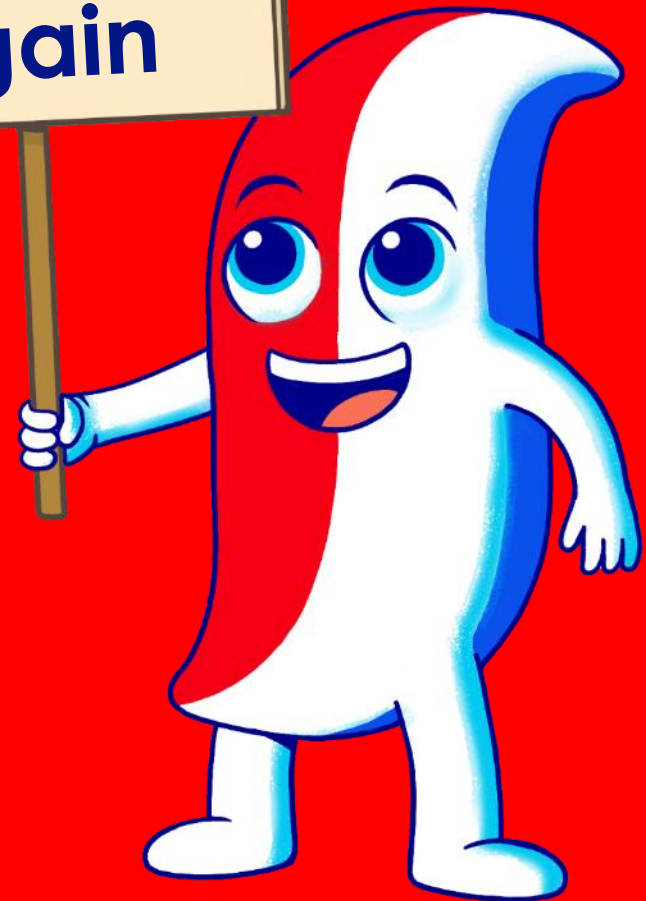
What kind of toothbrush should we use?

- a. A big hard brush
- b. A small-headed children's toothbrush with medium or soft bristles
- c. A toothbrush made from carrots



Uh ooh!
That's not right

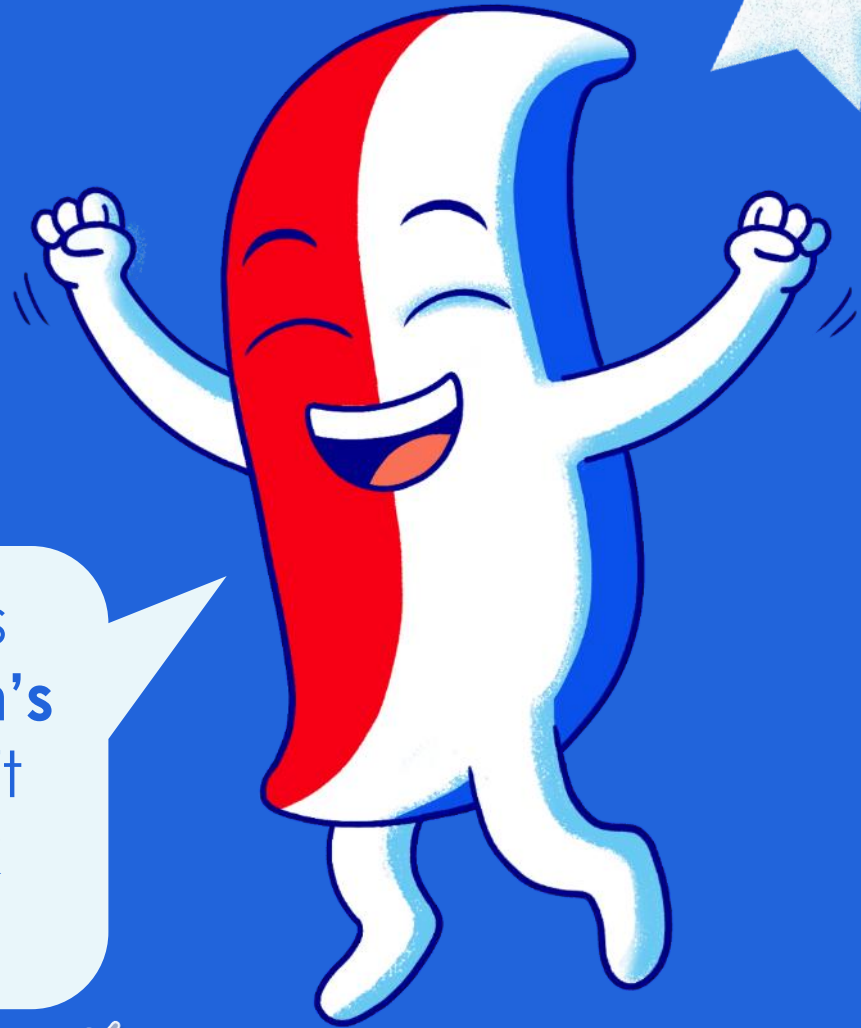
Let's try
again



Perfect! That's right!

Answer b.

Children's toothbrushes are **shaped for children's mouths**. Medium or soft bristles help you to look after your gums.

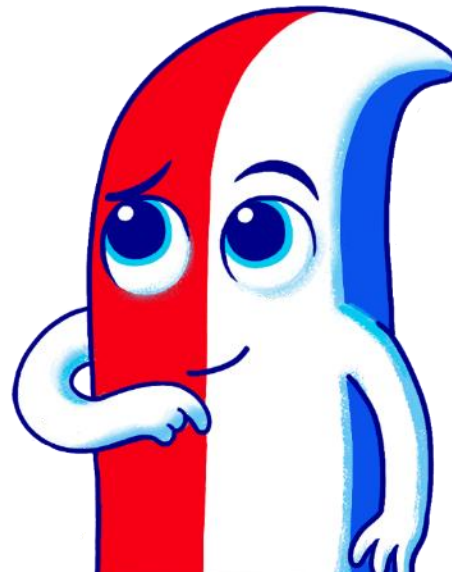


Next



What is the special ingredient in toothpaste that protects our teeth?

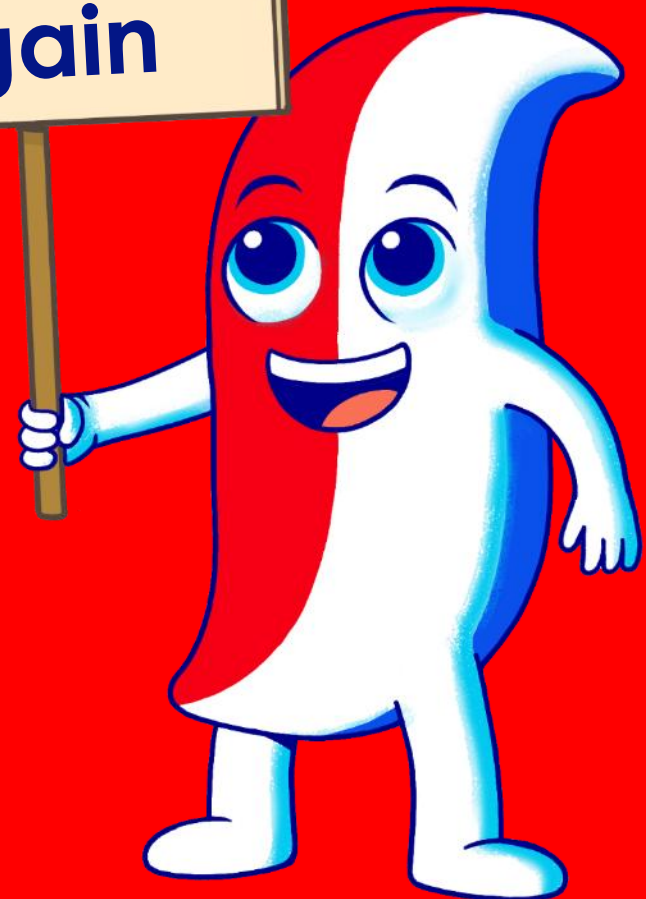
- a. Fluoride
- b. Four-eyes
- c. Fly-right



Oops!
Try again!



Let's try
again



Perfect!
That's right!

Answer a.

Fluoride **helps keep our
teeth strong**

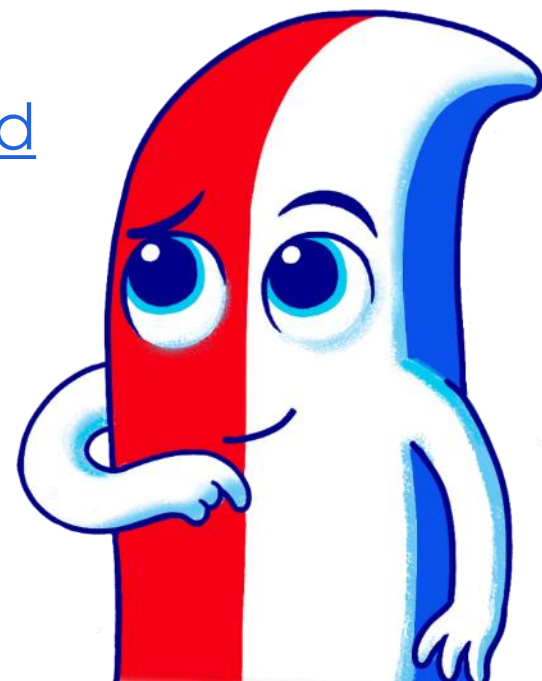


Next



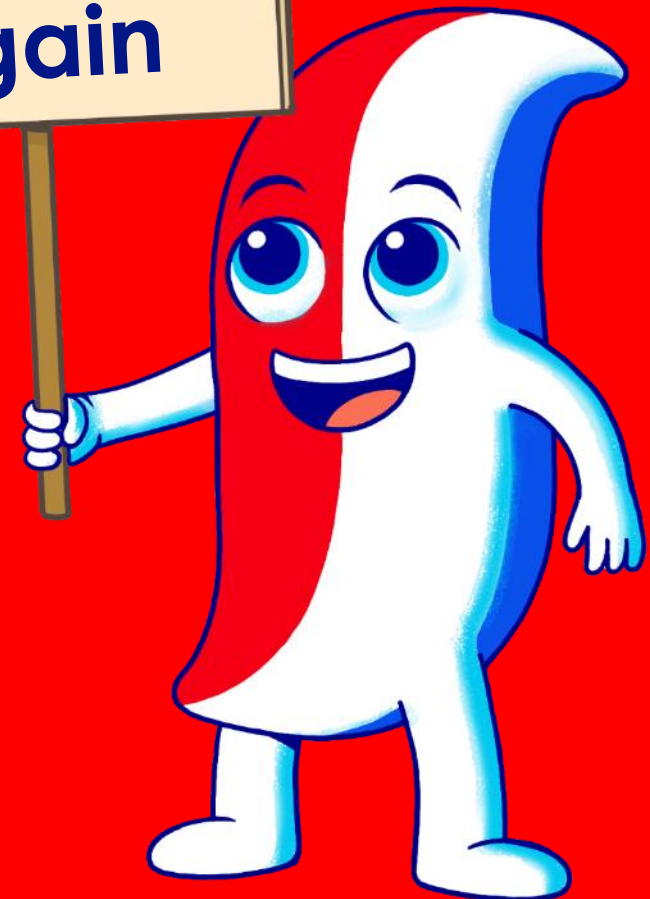
When should you brush your teeth?

- a. Whenever you feel like it
- b. On Sunday night
- c. When you wake and before bed



Uh ooh!
That's not right

Let's try
again



Perfect!
That's right!

Answer c.

Twice a day,
every day
helps keep
Sugar-Bugs away!



Next

Who is ready for the 21-day toothbrushing challenge?

Write your name on your calendar.

Take it home today.

Get a grown-up to help with your toothbrushing.

After 21 days, bring your calendar back for a celebration!



Have fun at home with the Shine Bright song

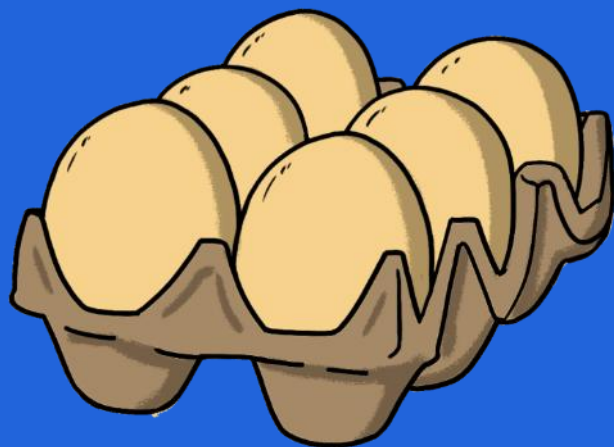


Brush DJ

Ask your parent / guardian to download the Brush DJ app

- toothbrushing timer playing 2 minutes of music
- suitable for all ages
- award-winning and FREE!
- NHS 'Delivering Better Oral Health toolkit' recommended





Next week ...
eggs-periment
time!

