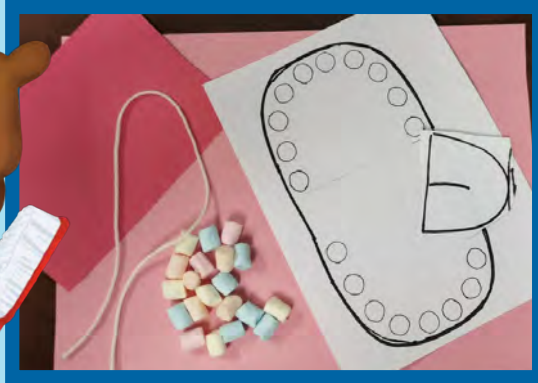


# Make Your Own Marshmallow Mouth!

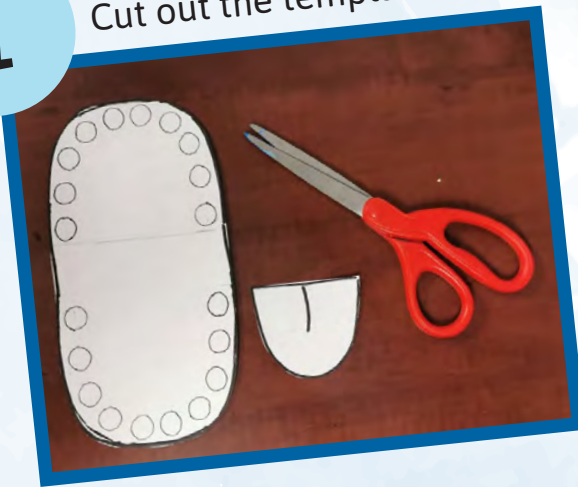


**For this craft, you need these things:**

- Pink paper
- Red paper
- 20 marshmallows
- One piece of yarn
- Templates

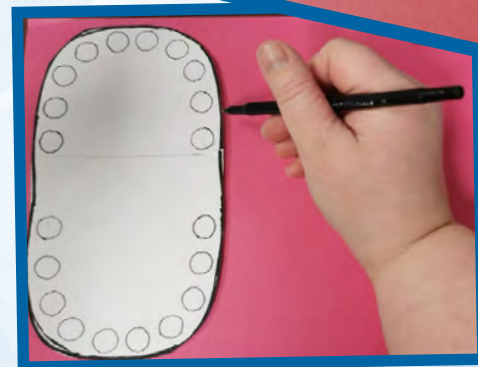
**1**

Cut out the templates.



**2**

Trace the tongue on red paper and the mouth on pink paper.



Make sure you brush your teeth after meals, especially after having sugary foods and drinks - including marshmallows!

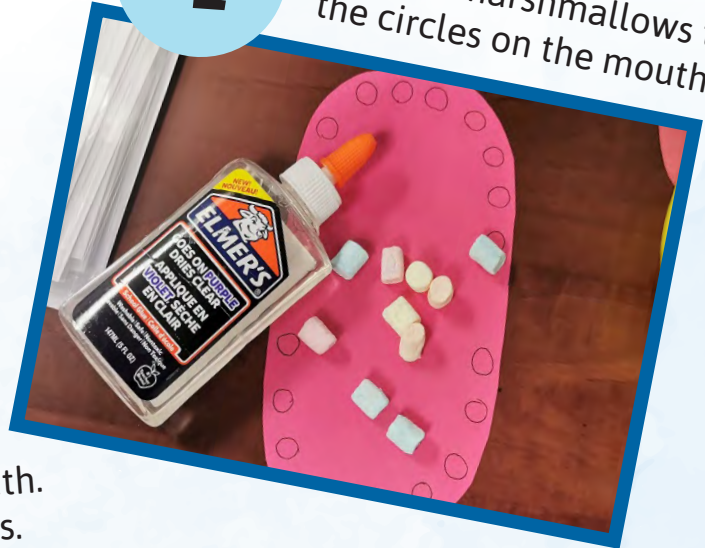
3

Cut out the pink mouth and the red tongue.



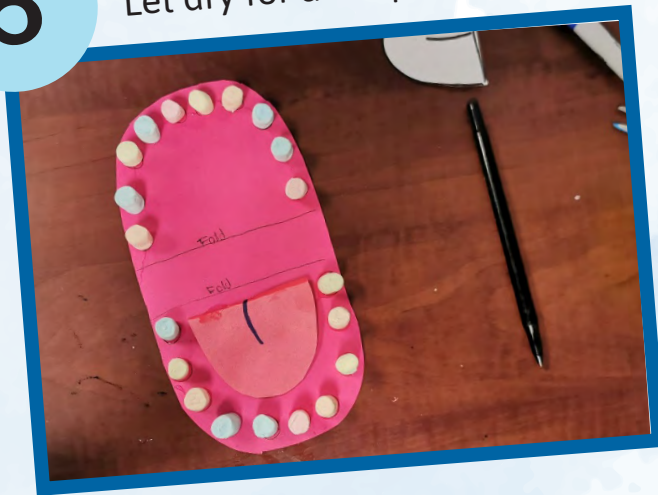
4

Glue 20 marshmallows to the circles on the mouth.



5

Glue the tongue to the mouth.  
Let dry for a couple of hours.



6

Use the string to practice flossing between each tooth.



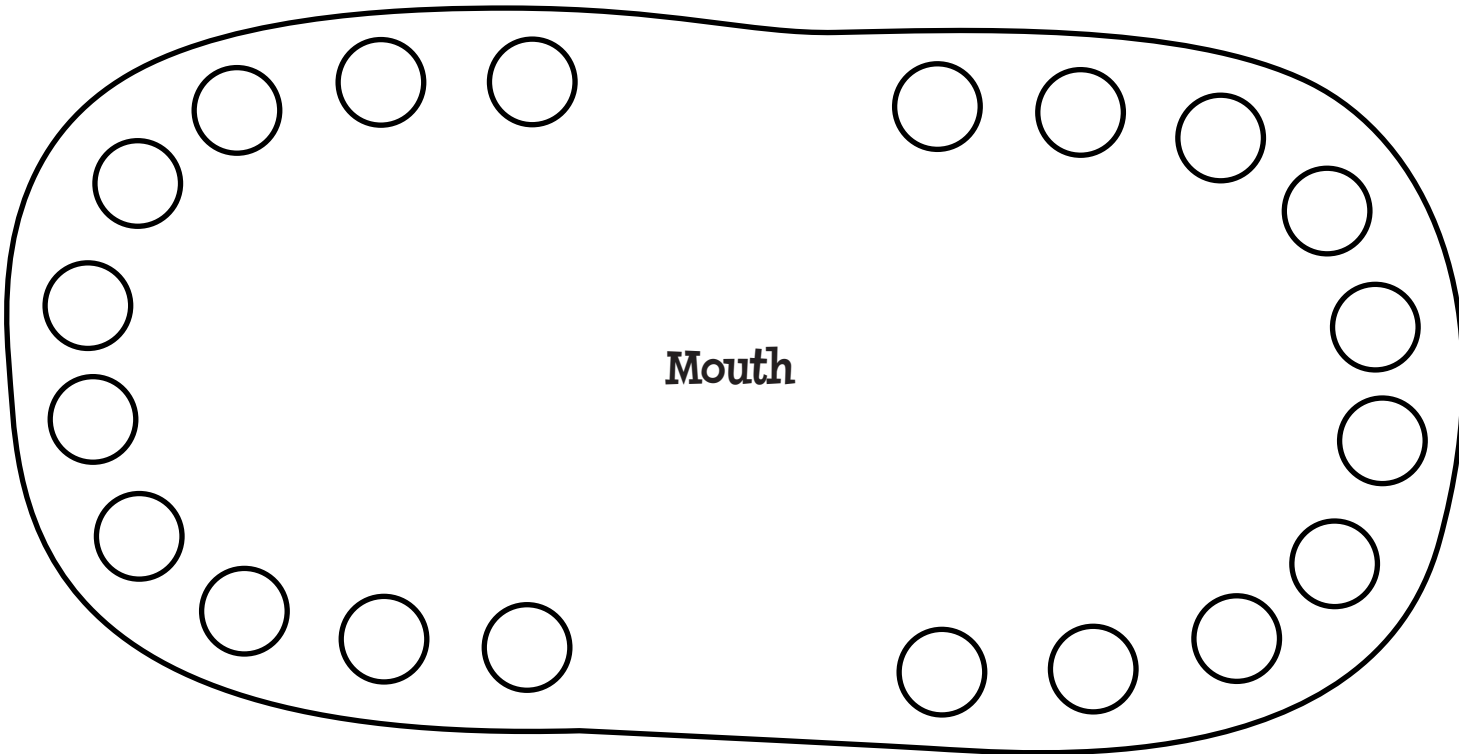
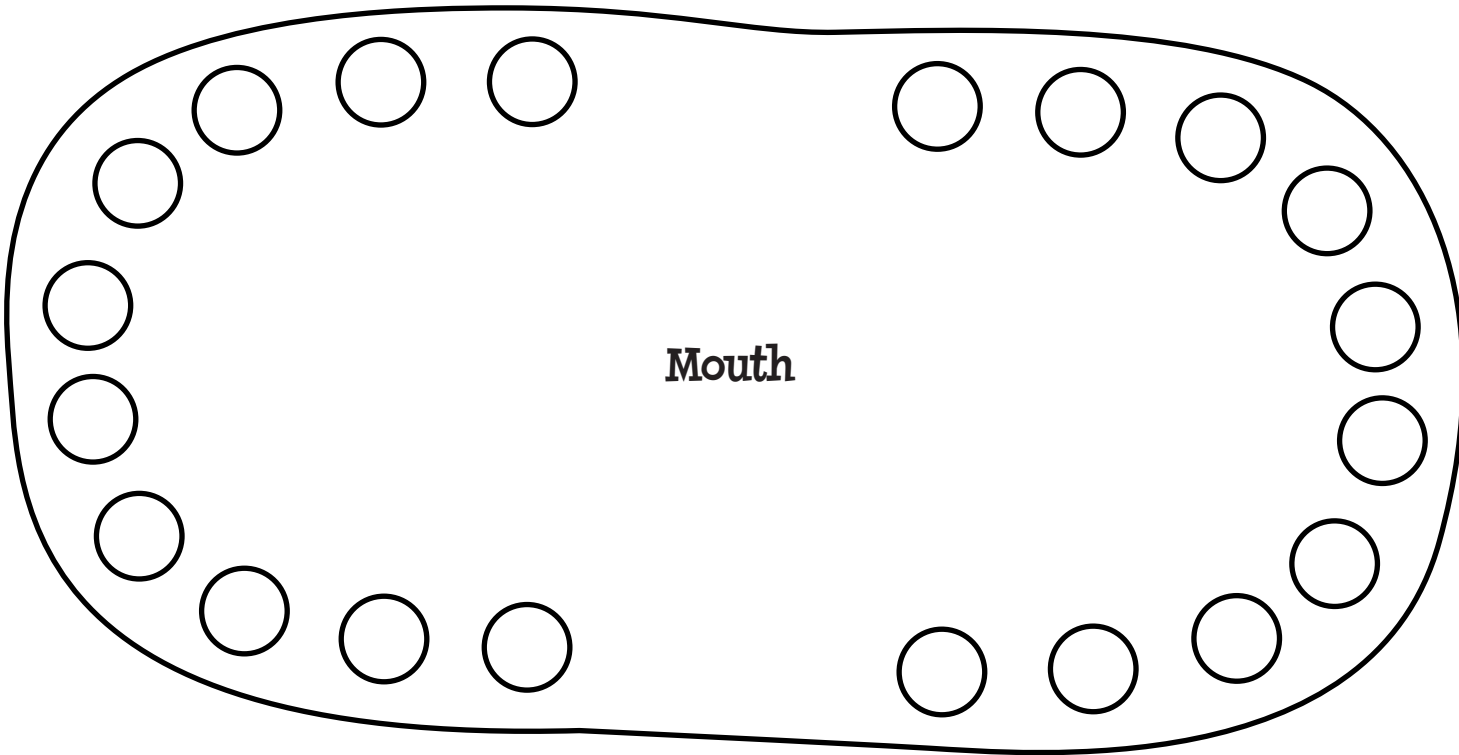
## Discussion Topics

- Discuss the colours you used
- Count the marshmallows
- Talk about the importance of oral health: Why do we brush and floss?



**TRACEABLE TEMPLATES**

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# Our Ever Awesome NWT Brushing Song!

Use your imagination to  
fill in this colouring page.

Colouring  
page



**NWTVC**  
NWT Literacy Council

  
Government of  
Northwest Territories

# Magical Brushing Word Search

Circle the oral health-related words in the letter scramble below. Then place a check next to each one you've found. Good luck!



- |                                  |                                  |                             |                               |  |
|----------------------------------|----------------------------------|-----------------------------|-------------------------------|--|
| <input type="radio"/> Toothbrush | <input type="radio"/> Floss      | <input type="radio"/> Gums  | <input type="radio"/> Dentist | <input type="radio"/> Mouthwash        |
| <input type="radio"/> Cavity     | <input type="radio"/> Toothpaste | <input type="radio"/> Teeth | <input type="radio"/> Plaque  | <input checked="" type="radio"/> Sugar |

You might find them written horizontally  $\longleftrightarrow$ , vertically  $\updownarrow$ , diagonally  $\nearrow$  or even backward.

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

Brushing twice  
a day keeps the  
sugar bugs away!



# Find your way to good oral health.

Help get the toothpaste to the tooth! Let **healthy snacks** guide the way.



## Healthy Smile Tips

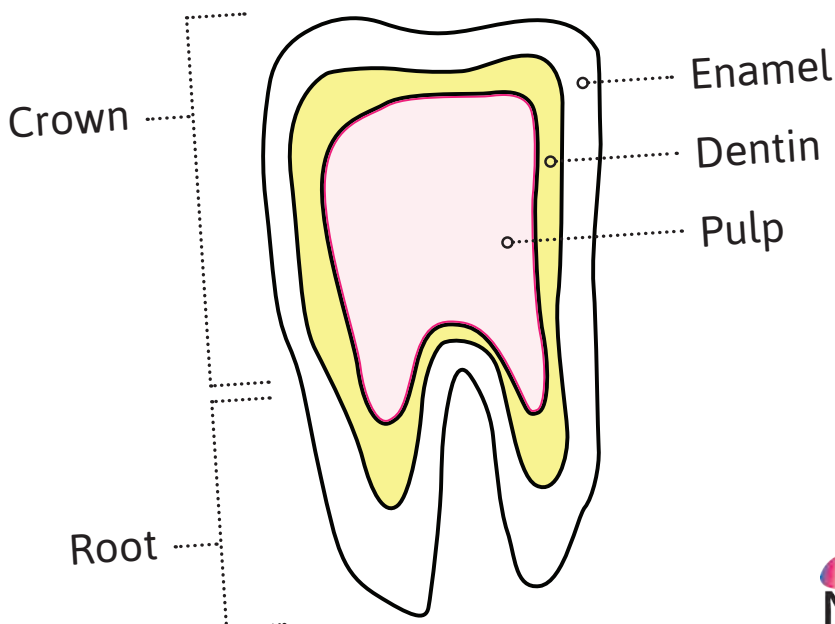
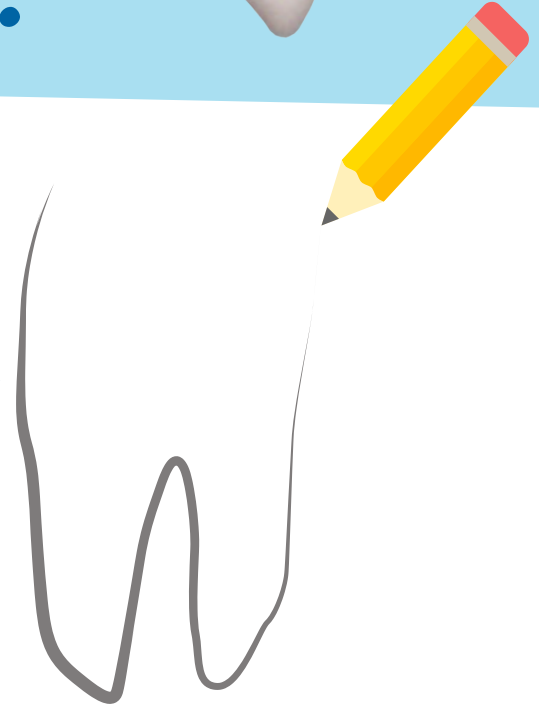
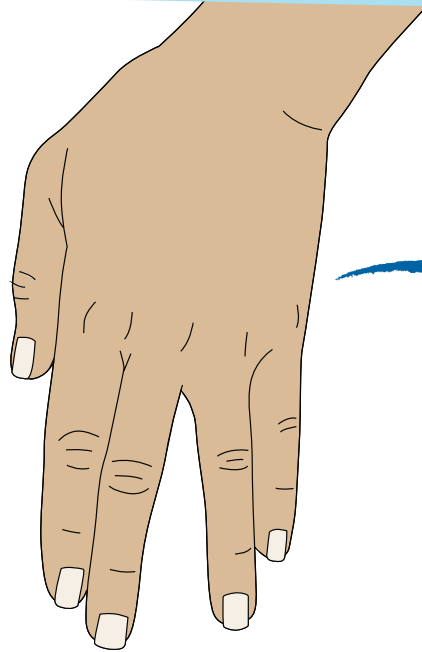
- Brush your teeth twice a day with fluoride toothpaste.
- Floss your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly (twice a year).

# Trace and Draw Parts of a Tooth!



1

Trace your hand to create the shape of a tooth.



2

Draw the different parts of a tooth!







Toothbrush



Toothbrush



Dental Professional



Dental Professional



Tooth



Tooth



Sugar



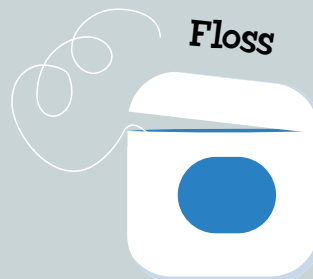
Sugar



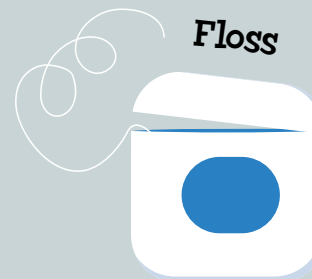
Smile



Smile



Floss



Floss



Toothpaste



Toothpaste



Cavity



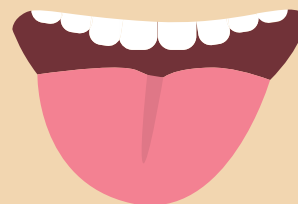
Cavity



Plaque



Plaque



Tongue



Tongue