

Make Your Own Marshmallow Mouth!

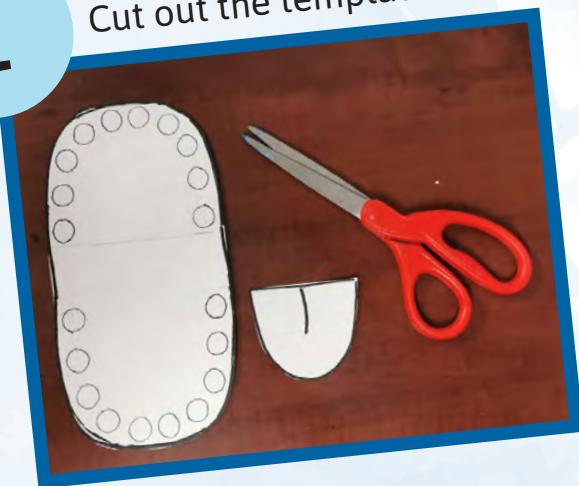


For this craft, you need these things:

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

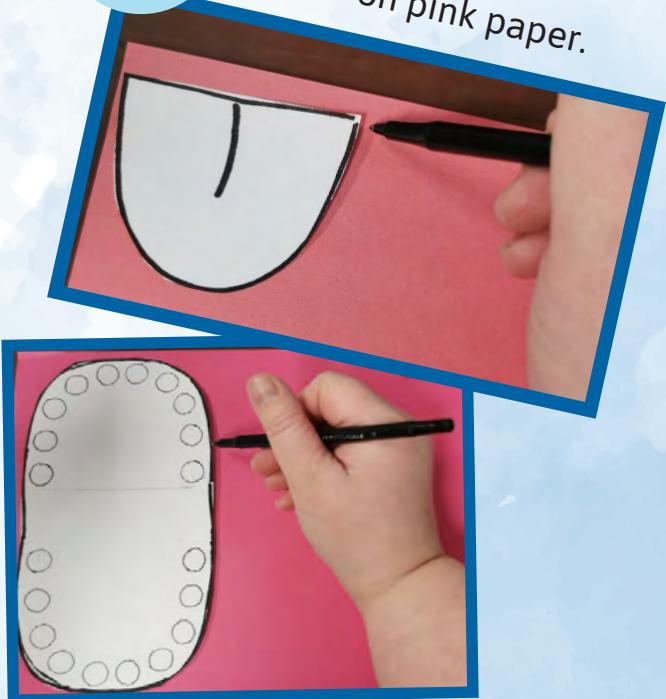
1

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!

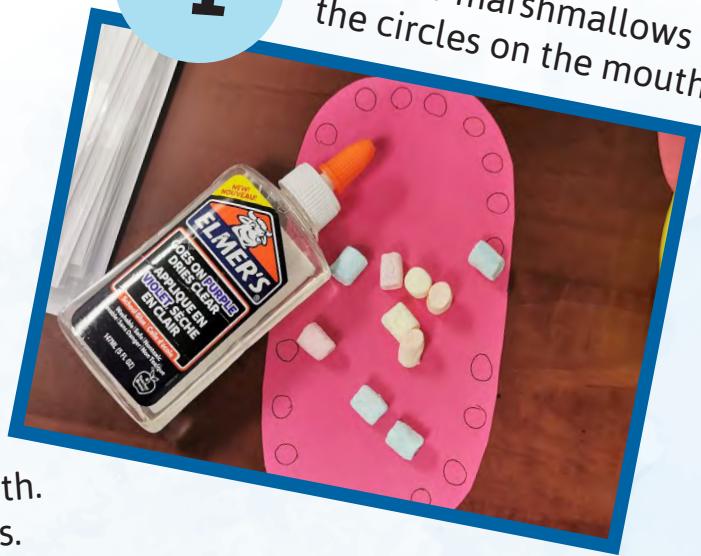
3

Cut out the pink mouth and the red tongue.



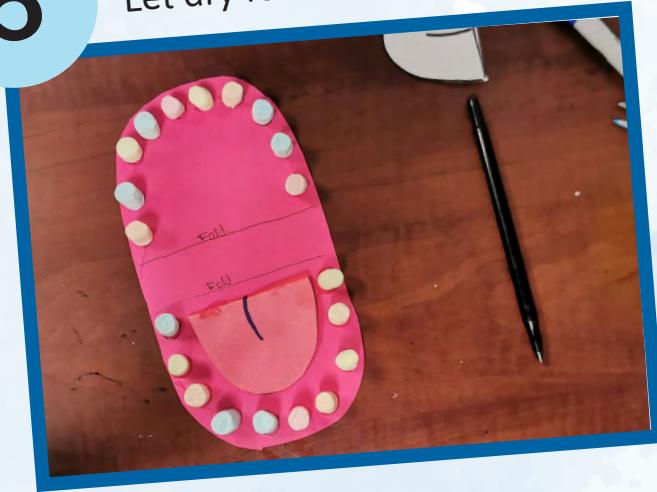
4

Glue 20 marshmallows to the circles on the mouth.



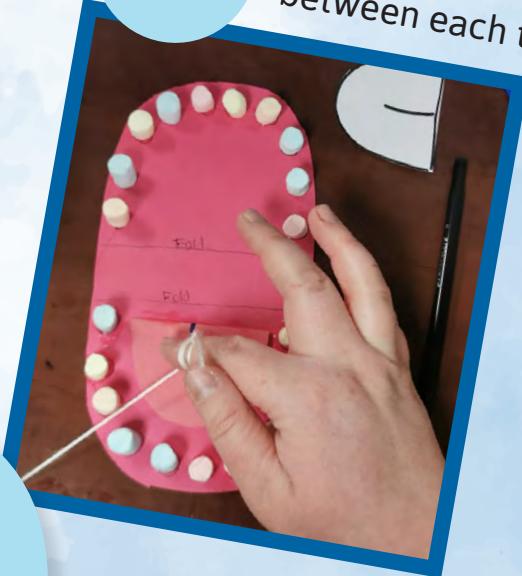
5

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



6

Use the string to practice flossing between each tooth.

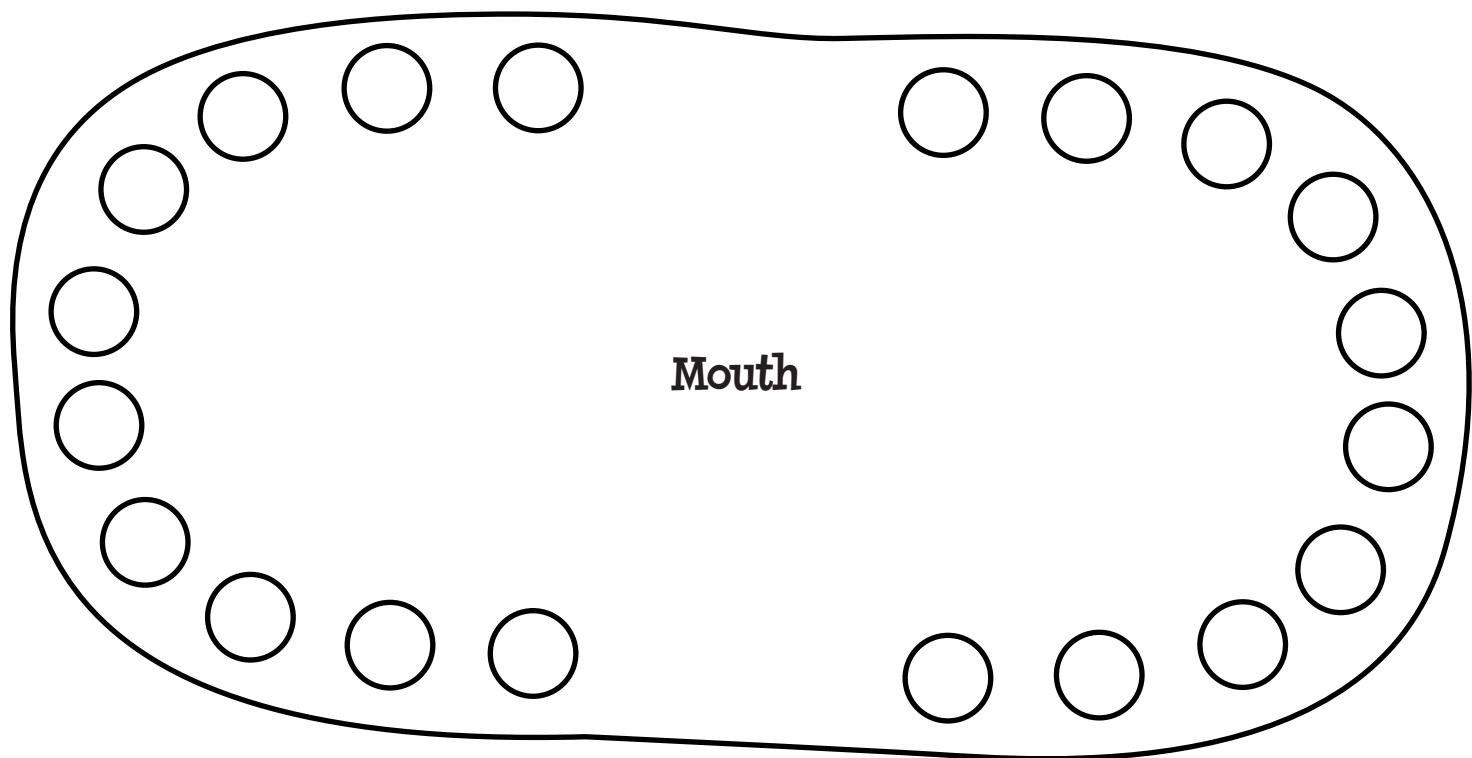
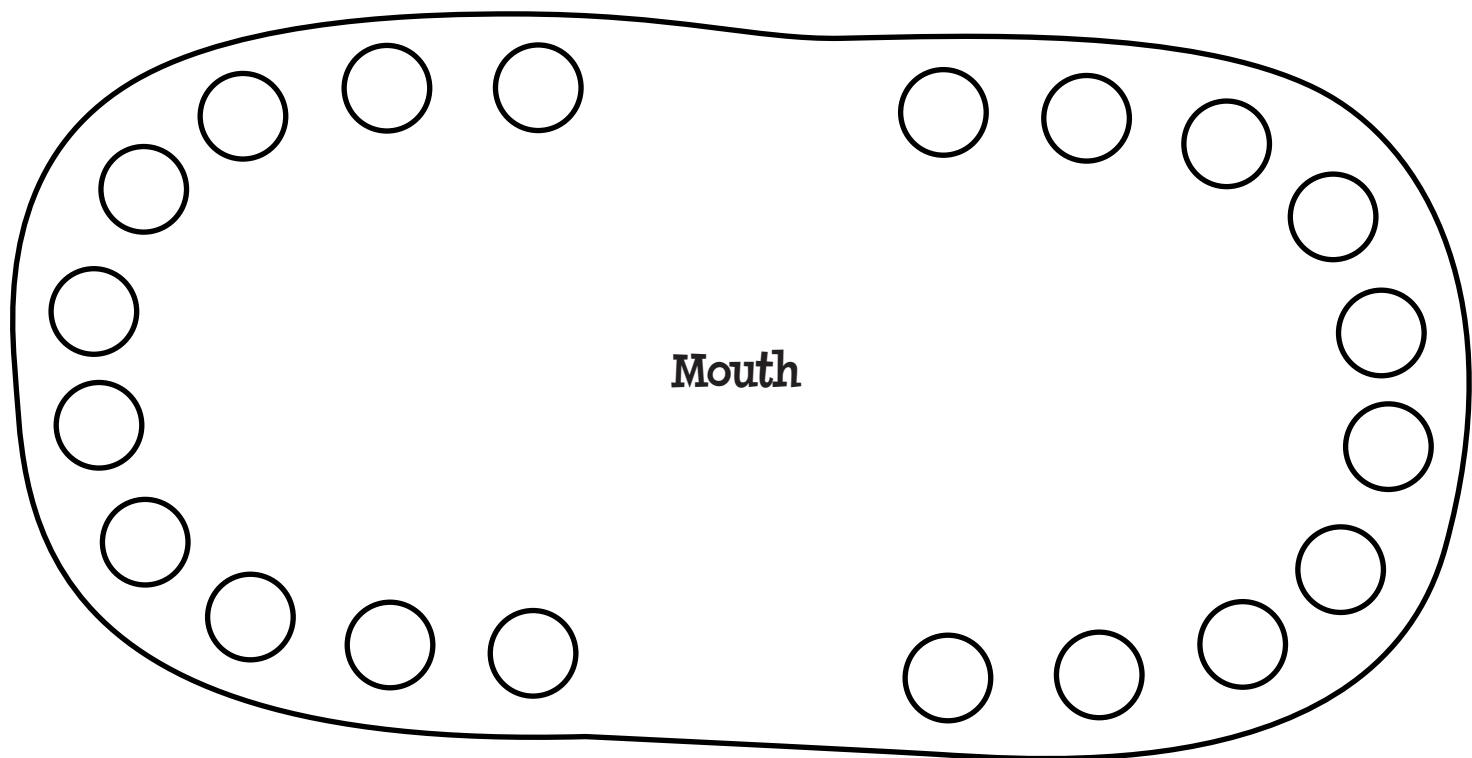


Discussion Topics

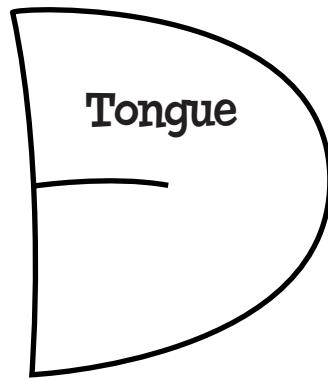
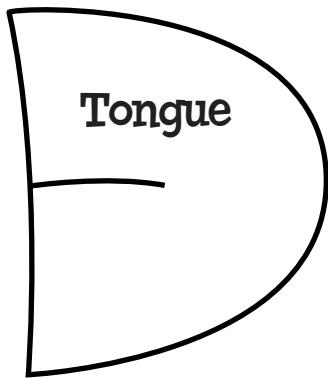
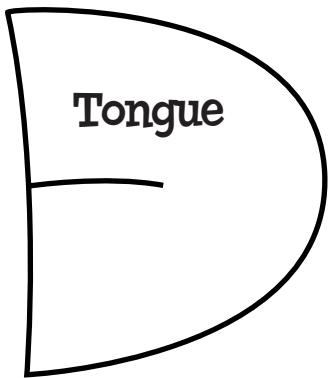
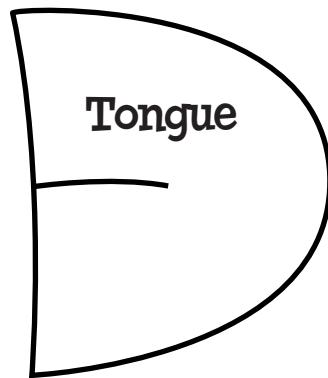
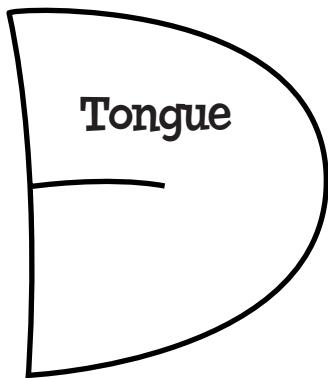
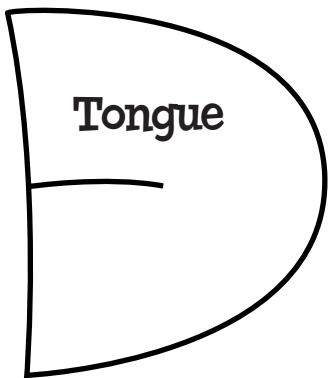
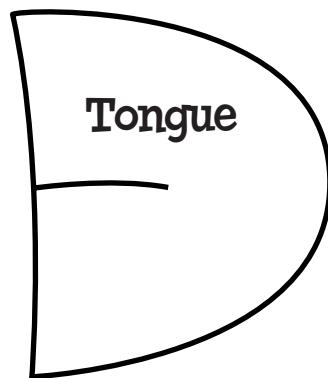
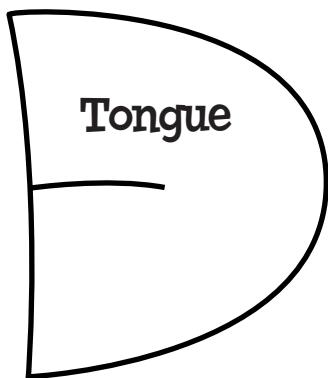
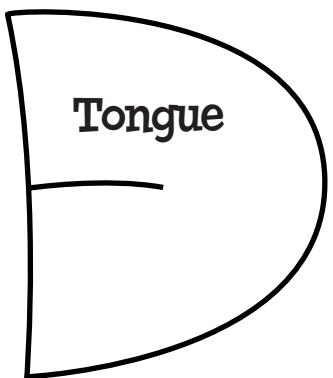
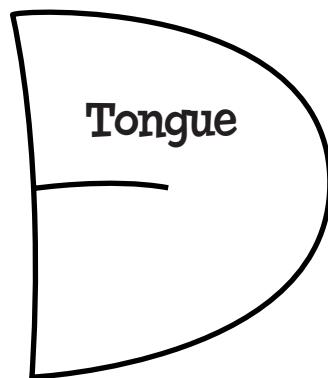
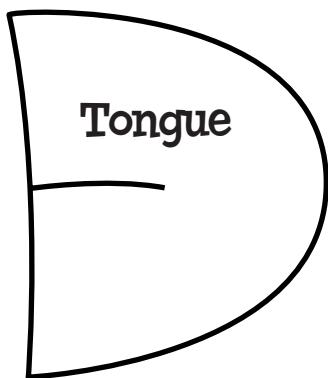
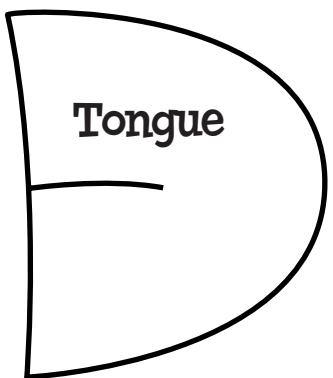
- Discuss the colours you used
- Count the marshmallows
- Talk about the importance of oral health: Why do we brush and floss?



TRACEABLE TEMPLATES



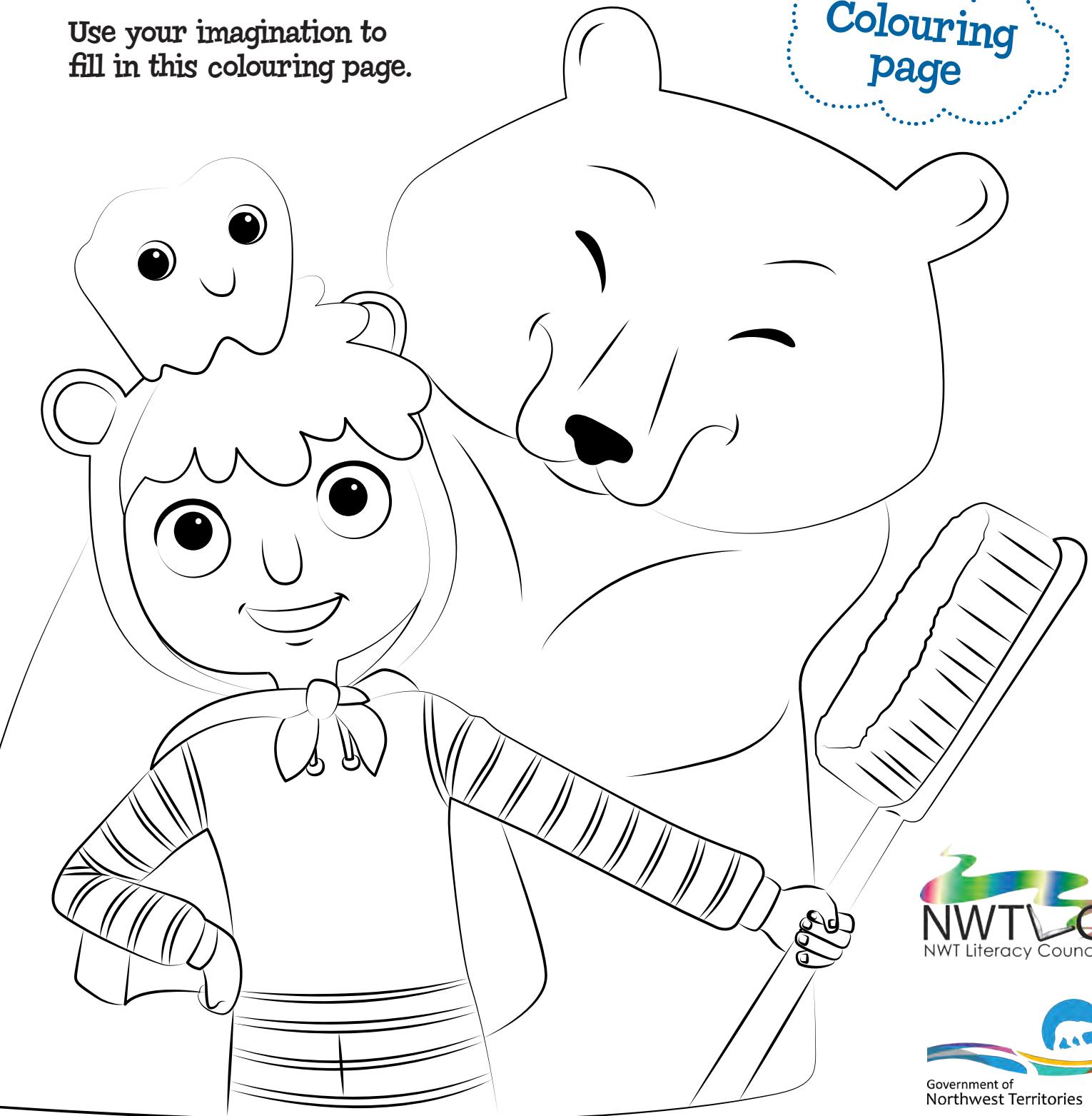
TRACEABLE TEMPLATES



Our Ever Awesome NWT Brushing Song!

Use your imagination to
fill in this colouring page.

Colouring
page



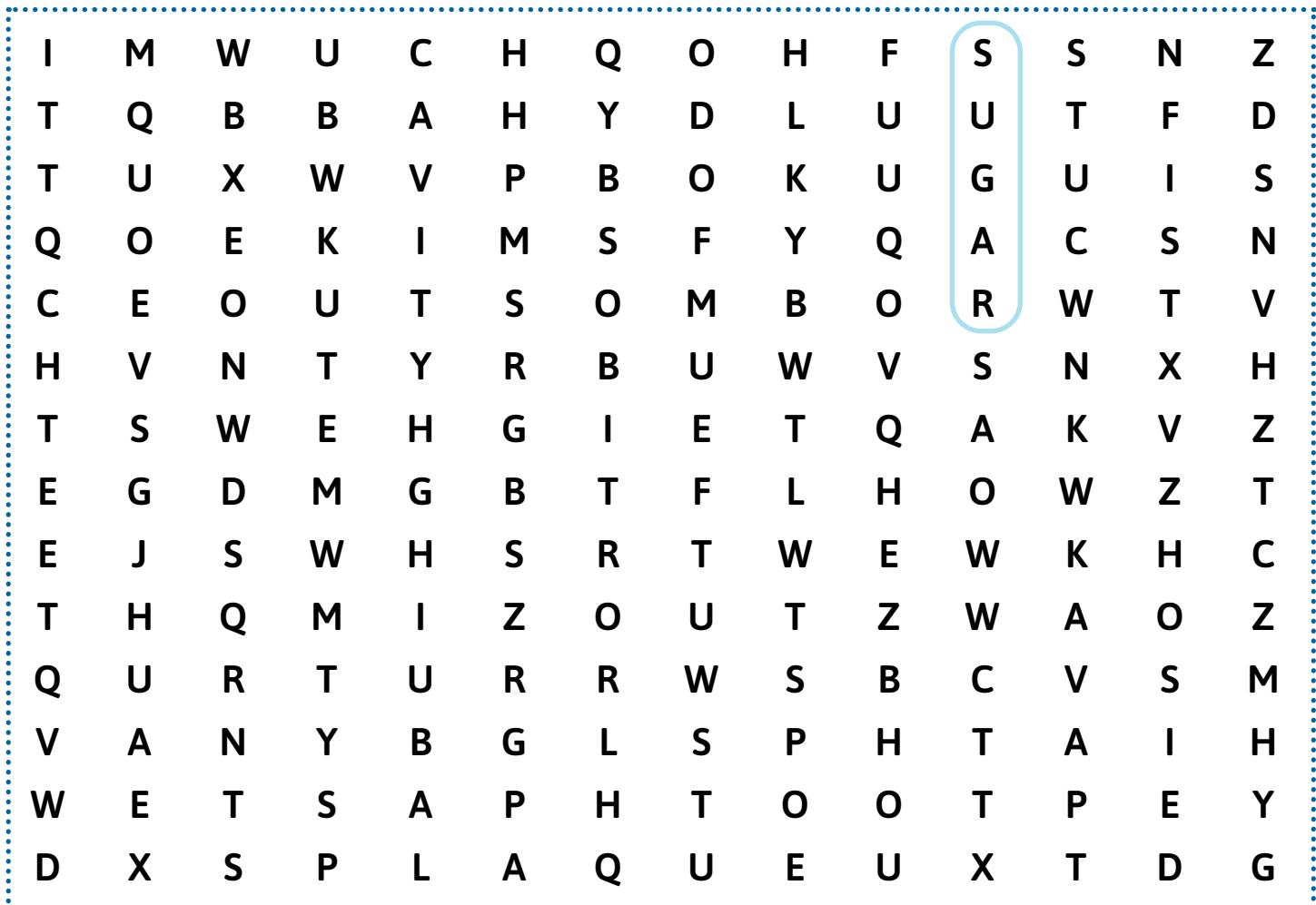
Magical Brushing Word Search

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

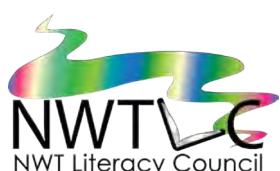


- Toothbrush
- Floss
- Gums
- Dentist
- Mouthwash
- Cavity
- Toothpaste
- Teeth
- Plaque
- Sugar

You might find them written horizontally ← → , vertically ↑ ↓ , diagonally ↗ ↘ or even backward.



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

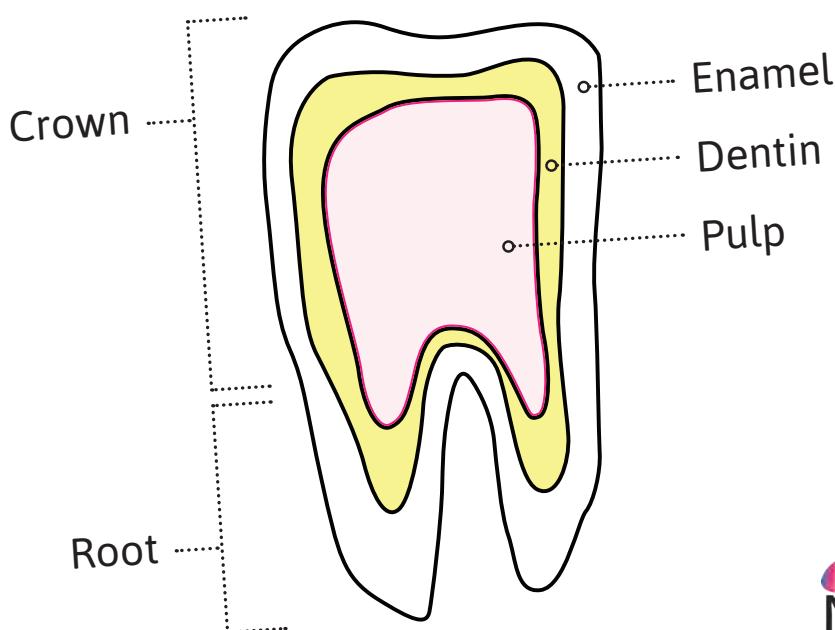
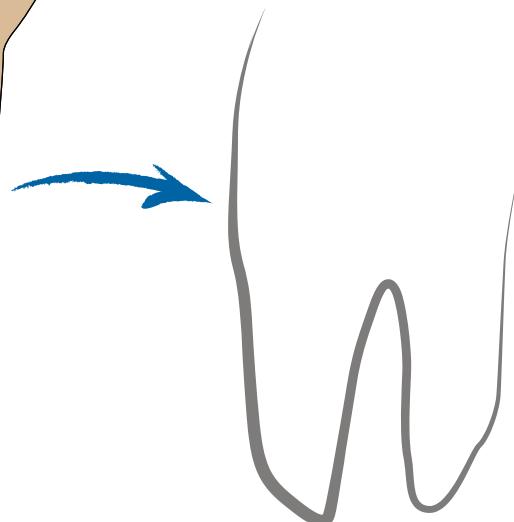
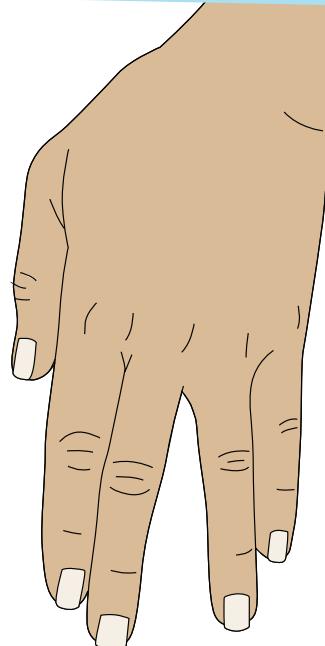
- Brush your teeth twice a day with fluoride toothpaste.
- Floss your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly (twice a year).

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!



