

Bright Smiles, Bright Futures

Explorer Challenge

Explore, discover, and protect your smile



1

Introduction

Welcome children to the Bright Smiles, Bright Futures (BSBF) world.

Adaptations:

For short sessions, consider skipping steps C – E.

A Introduce Yourself**B Introduce BSBF****C Tell children they will become ‘Smile Explorers’**

“Today we’re going to become Smile Explorers!”

“We are going to explore what’s behind a bright smile and how we can make sure we keep it healthy!”

D Introduce Dr. Rabbit

“To help us with this important mission, I brought a friend who’s an expert in helping children all over the world have bright smiles.”

“Do you know who it is?”

“It’s Dr. Rabbit!”

E Introduce the ‘BSBF Explorer Challenge’

“And Dr. Rabbit brought with him the ‘BSBF Explorer Challenge’ that will put all of our explorer skills to the test!”

“Now Dr. Rabbit told me that if you make it to the end of the challenge, he has a surprise in store for you!”

“Do you think you’re up for it?”



Question

What do you think
our teeth help us
do every day?

2

Smile Discovery

Explore what teeth do and why they need care.

Adaptations:

- For short sessions, consider skipping this step (step A)
- If children feel shy or hesitant to respond, offer a few possible answers and invite them to react.

A Talk about WHAT teeth do

Question

“First up, Dr. Rabbit wants to know:

What do you think our teeth help us do every day?”

Answer

Teeth help us

Eat



Speak



Smile



Feel good



Adaptations:

- For short sessions, consider skipping this step (step A)
- If children feel shy or hesitant to respond, offer a few possible answers and invite them to react.

A Talk about WHAT teeth do**Answer**

“Teeth help us eat, speak, smile, and feel good.”

Question

“But... I wonder...”

“Do you think teeth can take care of themselves?”

Answer

“No!”

“Just like our bodies, our teeth need our help to stay healthy!”



Question

Why do you think
**our teeth need our
help to stay healthy?**

B Talk about WHY teeth need to stay healthy

Question

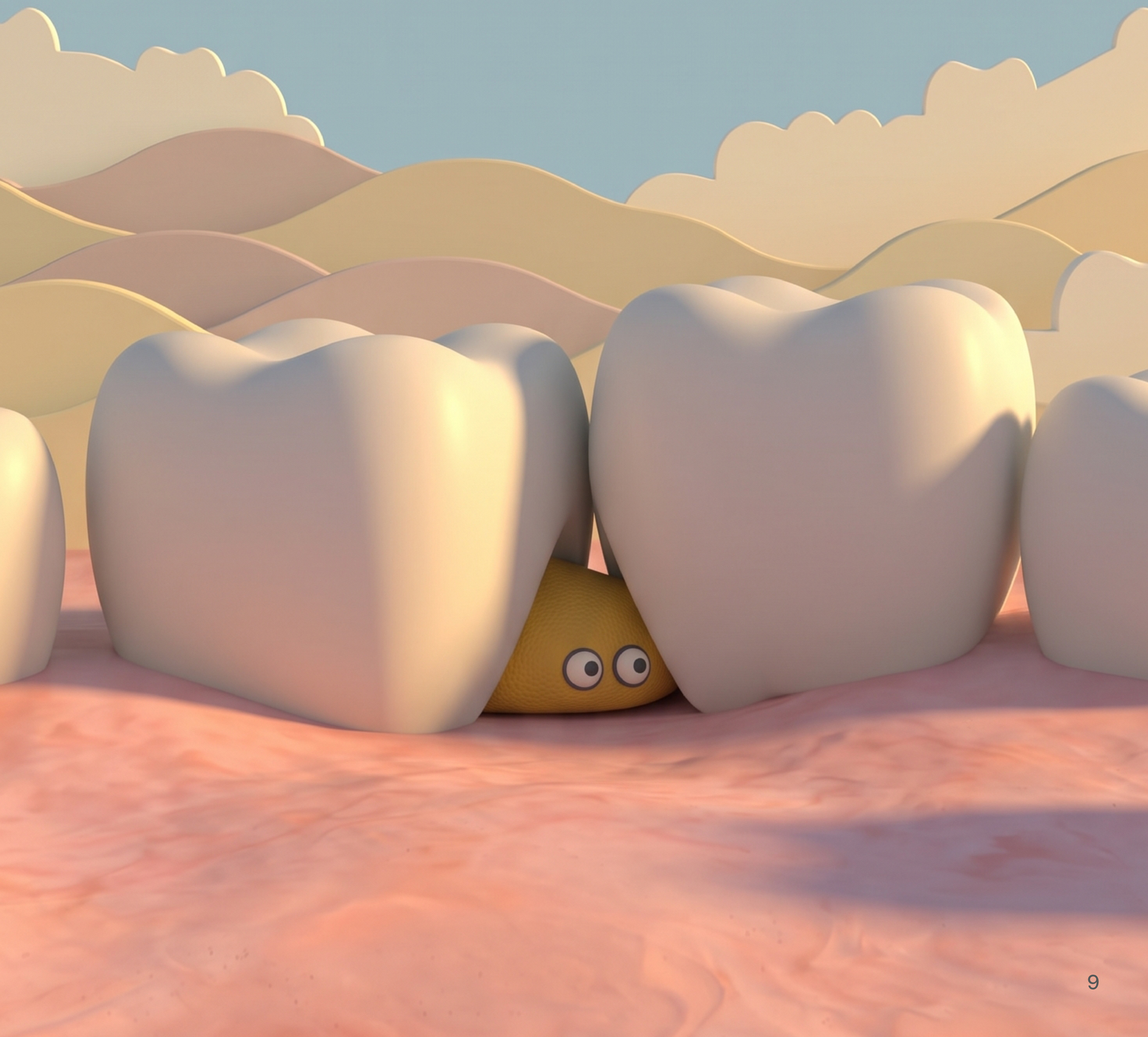
“Dr. Rabbit wants to know:

Why do you think our teeth need our help to stay healthy?”

Have the children answer then go to the next page.

Activity

Imagination Journey



Adaptations:

- For short sessions, consider skipping this step (step C)



Journey into the WHY

Guide children through a short journey inside their mouths, helping them focus on their teeth and plaque.

Activity

- “Let’s explore this question more deeply.”
- “We are going to be doing an Imagination Journey.”
- “Do you know what that is?”
- “It’s basically about listening to a story with your eyes closed and letting your imagination guide you on what you see.
- “Are you ready?”
- “Start by sitting in a comfortable position”
- “When you’re ready, close your eyes so the journey can begin!”

Imagine that you can zoom way, way, waaaay into your mouth until you are standing right next to your teeth.
It’s a busy place in there!
Teeth chomping.
Tongue wiggling.
Saliva swooshing.

If you look closely, you might discover something surprising.

Living on your teeth is a tiny sticky creature called plaque.
Plaque is a little sticky blob that loves nothing more than to stick itself to teeth!

And, do you know what its favorite teeth are?

The ones with little bits of food left behind, of course.
Especially if they have sugary food!
Do you have one of those?
Take a moment to look around and check.
Did you find one?
Oh, oh!
That’s yum, yum, yum for plaque!

If plaque finds a tooth it likes, it settles in.

Then starts to invite other plaque friends over.
And then more.
And more.
And more.
Before long, a whole crowd of plaque can move in and make themselves at home on your teeth.

And teeth are not too fond of having plaque as a houseguest.

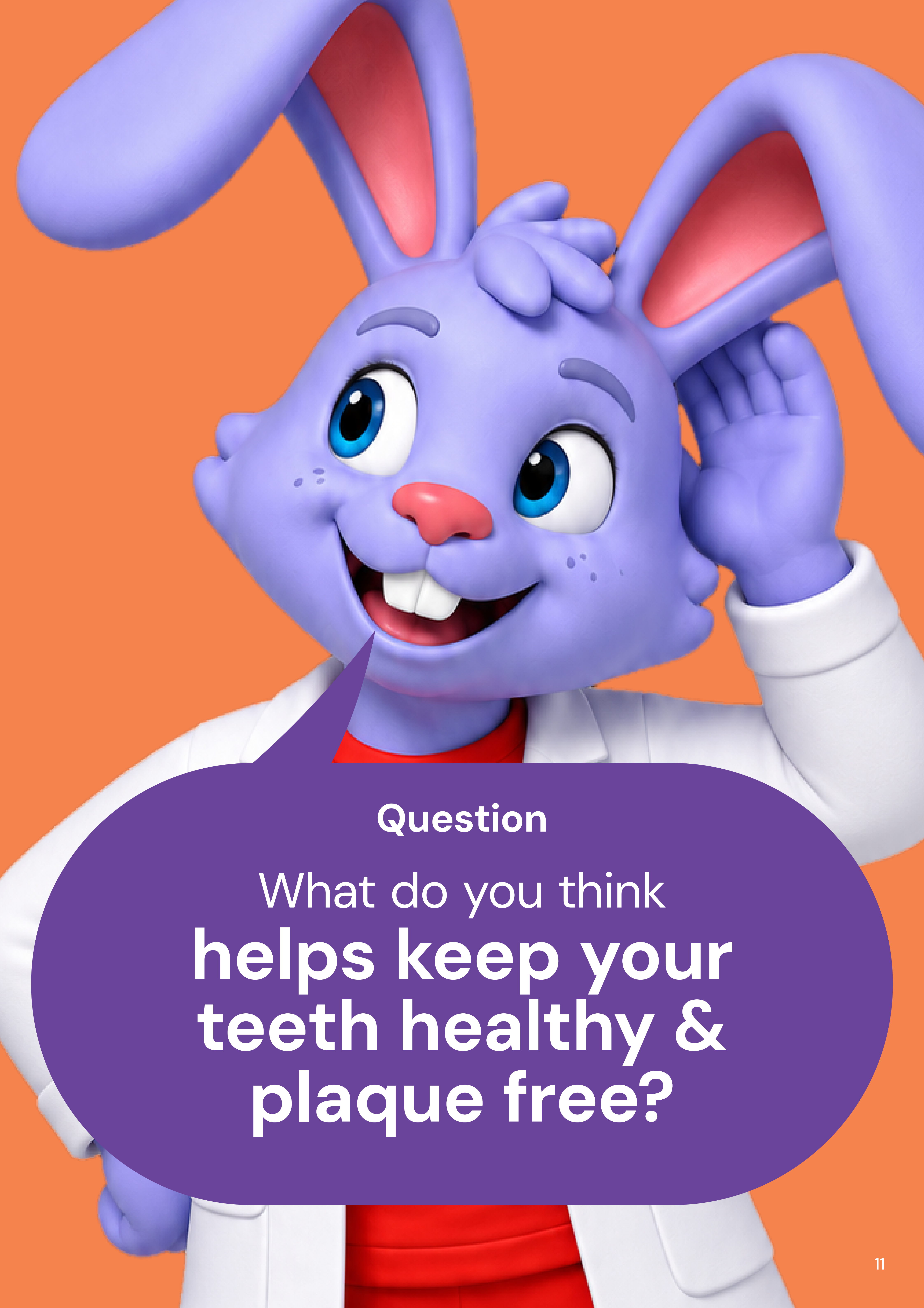
If plaque stays on teeth for too long, it starts damaging them. Over time, that damage can turn into cavities, little holes on your teeth that plaque is all too happy to call home.
No, teeth don’t like this at all.
It hurts!
They’re quite sensitive and prefer staying clean and hole-free.

Now, the tricky thing about plaque is that it’s very good at hiding.

You can’t really see it.
But sometimes you can feel it!
Have you ever woken up in the morning and felt that your teeth were a little fuzzy?
Well, guess what?
That’s plaque building up on your teeth!

Fortunately, plaque has one weakness. A toothbrush and fluoride toothpaste!

A toothbrush and fluoride toothpaste helps sweep plaque away before it gets too comfortable.
Which is lucky.
Because teeth can do many wonderful things, but they are absolutely terrible at brushing themselves.



Question

What do you think
**helps keep your
teeth healthy &
plaque free?**

3

Practice

Show children how to care for their teeth.

Adaptations:

- For short sessions, consider skipping this step (step A)

A Talk about healthy habits

Talk about what are the best habits for taking care of teeth.

Question

“Dr. Rabbit wants to know:

What do you think helps keep your teeth healthy and not have plaque?”

Answer

Healthy Habits

Brushing
twice a day



Limiting sugary
food and drinks



Visiting a dental
professional



Flossing



Adaptations:

- For short sessions, consider skipping this step (step A)

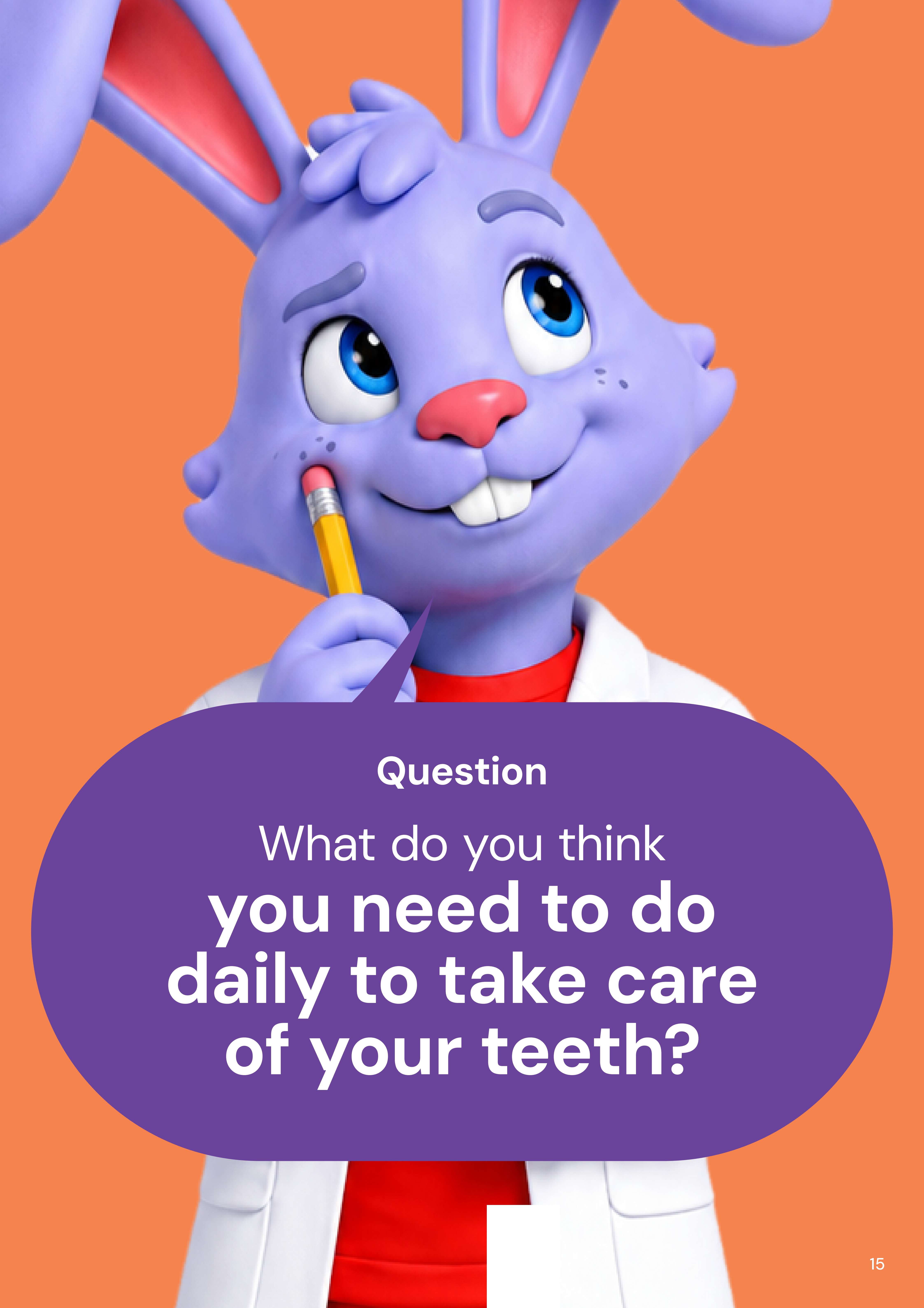
A Talk about healthy habits

Talk about what are the best habits for taking care of teeth.

Answer

"Yes, good job everyone! Dr Rabbit agrees.
It's:

1. **"Brushing twice a day,**
which keeps plaque from growing and bringing over more and more friends."
2. **"Limiting sugary food and drinks,**
which avoids feeding plaque its favorite snack."
3. **"Routine visits to your dental professional."**
"This is because dental professionals are actually the best plaque sweepers you'll find. They are able to give a deep clean to your teeth and make sure plaque isn't hiding and building secret homes in your teeth."
4. **"And finally, flossing."**
"This is how you can get plaque out of its favorite hiding places!"



Question

What do you think
**you need to do
daily to take care
of your teeth?**

B Explore the HOW & WHEN

Review what's the best routine for taking care of teeth, including when to brush and what to use.

Question

"Dr. Rabbit wants to know:

What do you think you need to do daily to take care of your teeth?"

Answer

Best daily routine

Brush morning
& night



Brush for
2 mins



Use fluoride
toothpaste



Floss with the help
of a grown-up



B Explore the HOW & WHEN

Review what's the best routine for taking care of teeth, including when to brush and what to use.

Answer

1. "Brush 2x a day: morning and night"
2. "Brush for 2 min"
3. "Use fluoride toothpaste"
4. "Floss with a grown-up's help, as needed"

Optional additional questions

1. "Raise your hand if you brushed your teeth this morning!"
2. "What about at night?"
3. "Which one of the two do you forget more?"



Activity

Dr. Rabbit says
**Brush your teeth
like a Smile
Explorer!**



Demonstrate HOW

Use the large BSBF tooth model and toothbrush to show children the full brushing routine.

Activity

“Dr. Rabbit says...”

“Brush your teeth like a Smile Explorer!”

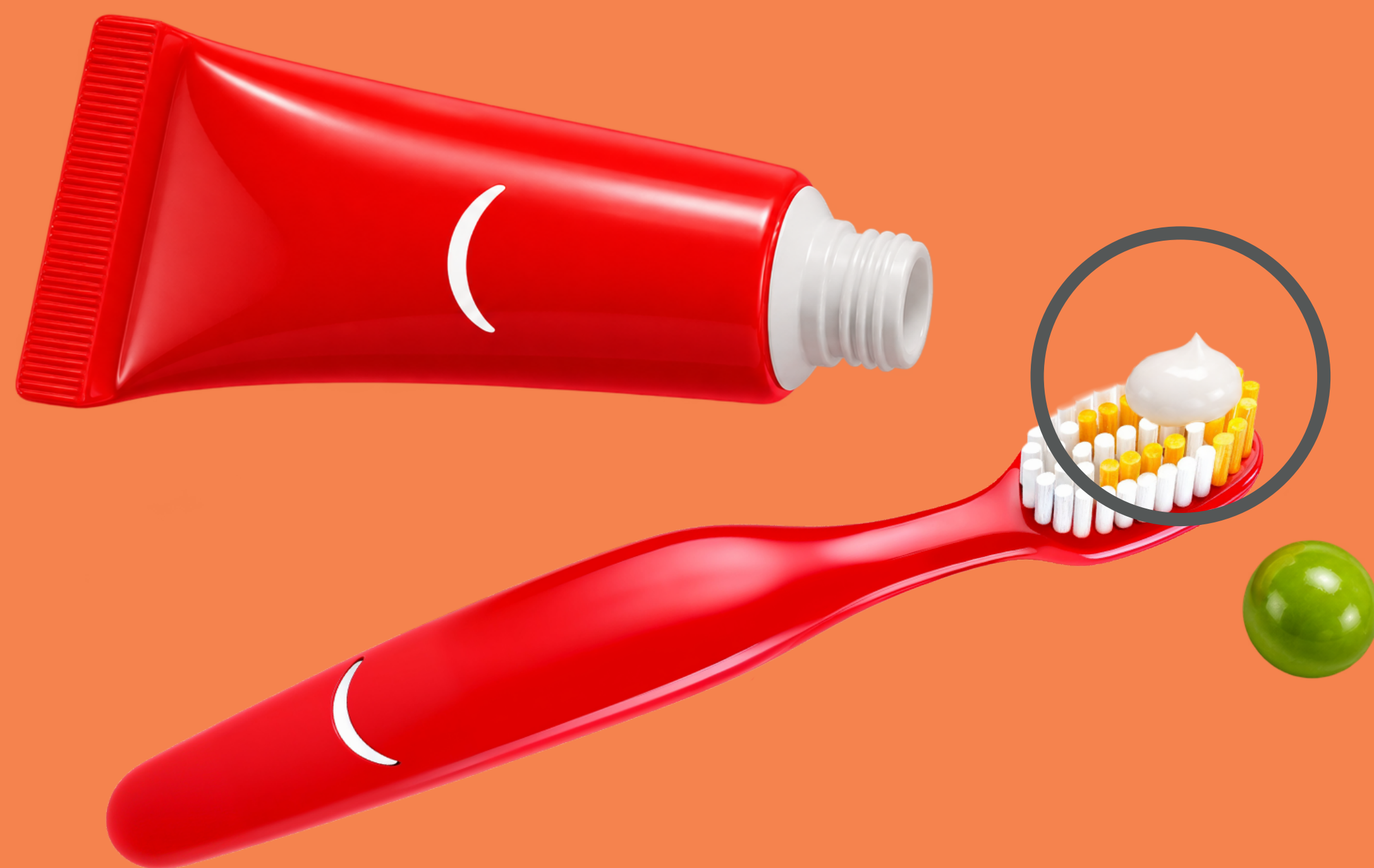
“But wait...”

“How does a Smile Explorer brush, Dr. Rabbit?”

Answer

Use the right set-up

Pea-sized squeeze
of fluoride toothpaste



Your own brush





Demonstrate HOW

Use the large BSBF tooth model and toothbrush to show children the full brushing routine.

Answer

“You first need to have the right tools & set-up”

1. “Fluoride toothpaste: put a pea-sized squeeze on your toothbrush.”
2. “Use your own brush.”

Answer

**Brush all sides
of your smile**



Outside



Inside



Where you chew



Tongue



Demonstrate HOW

Use the large tooth model and toothbrush (or gestures in air) to demonstrate the full brushing routine.

Answer

"Now you'll need to get all sides of our smile"

1. "Start with the outside"

- "Bite down and bring your teeth together"
- "Brush by doing big circles"
- "Start in the back on one side and then go to the other"
- "Round and round"
- "I like to start on the left and then go to the right"

2. "Let's go to the inside now"

- "For this one you'll need to open wide!"
- "Focus on the top"
- "Brush by doing small circles"
- "Go from the left to the right"
- "Round and round"
- "Now repeat the same thing on the bottom"
- "Small circles"
- "From the left to the right"
- "Round and round"

3. "Great! Let's get where you chew now"

- "That's this area right here (point to it)"
- "For this one you'll need to change it up"
- "You'll need to brush round and round, like this"
- "Get the top"
- "Left and right"
- "Now the bottom"
- "Left and right"

4. "Almost there! Now let's get the tongue"

- "Stick your tongue out"
- "Brush back to front"

"How was that explorers?"

"Did you struggle with anything?"

Answer

Put it
all together



BSBF
Brushing Challenge

D Practice the 'HOW'

If tech is available, play the BSBF Brushing Challenge video or song and invite children to follow the brushing movements

Adaptations:

- If you cannot play the video, consider skipping or reading the lyrics to the video tune
- For short sessions, consider skipping this step (step D)

- "What do you say we put it all together now?"
- "Are you ready for the Brushing Challenge!?"

GET READY

Everybody grab your brush!
Two minutes—let's go!
Pea-sized squeeze...
fluoride toothpaste!
Ready...
Set...
Brush!

OUTSIDE TEETH

Outside!
Outside!
Teeth together!
Round and round!
Start in the back...
Brush plaque away!

Brush!
Brush!
Brush along!
Every smile grows strong!
Way to go!

INSIDE TOP TEETH

Open wide!
Top inside!
Round and round!
Back to front!
Left...
Right...
No plaque in sight!

Brush!
Brush!
Brush along!
Every smile grows strong!
Way to go!

INSIDE BOTTOM TEETH

Bottom teeth!
Here we go!
Round and round!
Back to front!
Left...
Right...
Brush them all!

Brush!
Brush!
Brush along!
Every smile grows strong!
Way to go!

WHERE YOU CHEW

Where you chew!
Back and forth!
Every bump!
Every groove!
Brush them all!

Brush!
Brush!
Brush along!
Every smile grows strong!
Way to go!

TONGUE

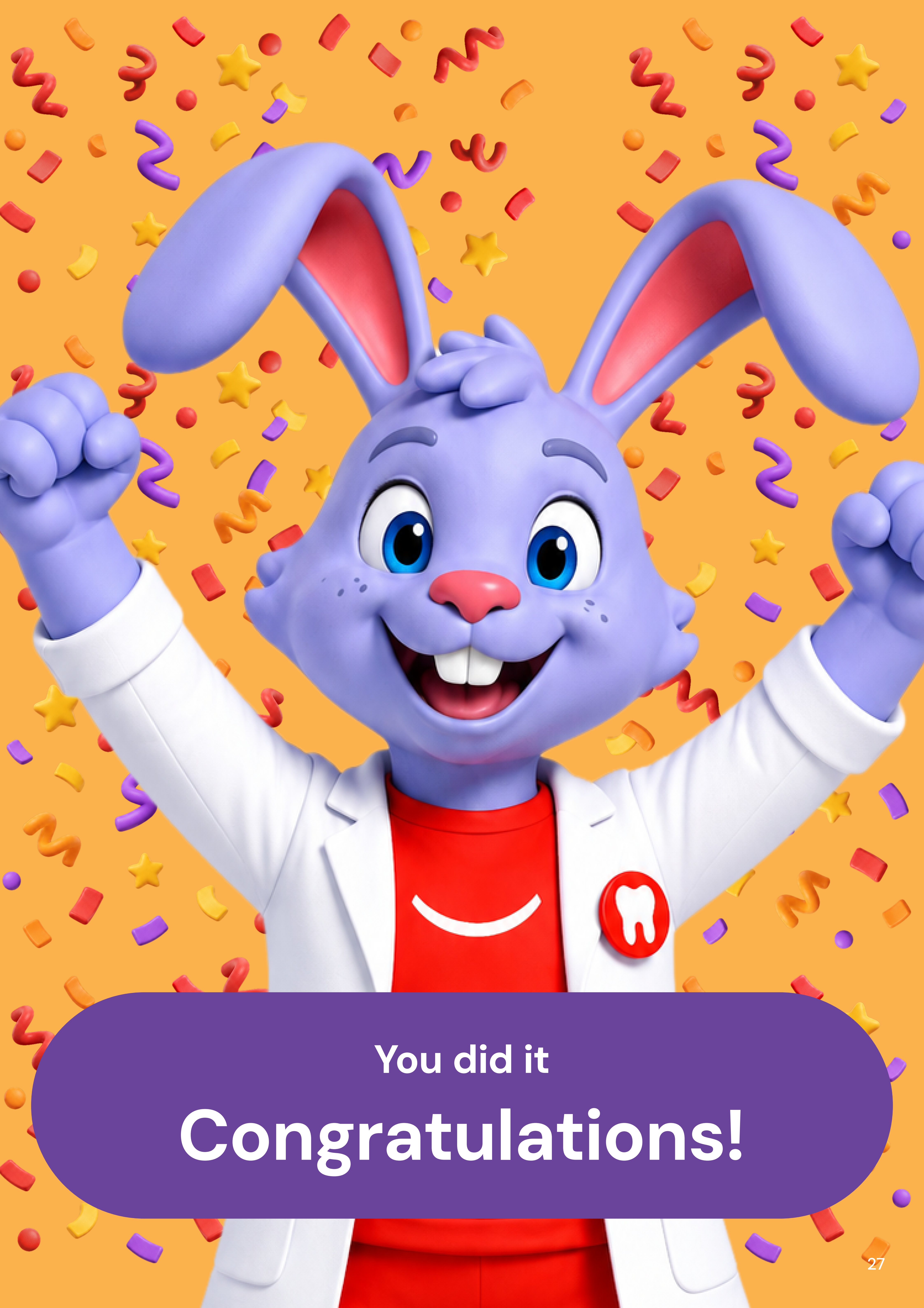
Tongue time!
Back to front!
Fresh breath!
Almost done!

FINISH

Brush!
Brush!
Brush along!
Challenge Complete!
Healthy smiles



Scan to access
the video



You did it

Congratulations!

4

Closing

Celebrate participation, distribute materials, and encourage action.

Adaptations:

- Keep all four steps whenever possible.
- For very short sessions, shorten the explanation of the home kit rather than removing it completely.

- A Congratulate children for completing the session**
- B Hand out the BSBF Badges**
- C Distribute the BSBF Home Kits and explain what is inside them**
- D Encourage sharing what they've learned**

Encourage the children to show the kit to a parent or caregiver and share what they learned with family and friends.