

Brush Your Way to a Day of **BRIGHT SMILES**

Game Instructions

Object: Be the first player to reach the finish line

Getting Ready:

1. Using paper or cardboard, cut out 8 one-inch squares. These are your playing cards. Label two cards each with the numbers 1, 2, 3 and 4. (Eight cards in all.)
2. Cut out the 8 game pieces (see reverse).

How to Play:

1. Turn playing cards face down and mix them up.
2. Have each player choose a game piece. The youngest player starts the game by selecting a card and moving his/her game piece the number of spaces on the card.
3. If you land on a "space" with directions, you must follow the directions to move forward or backward.
4. If you land on a blank "space", you lose a turn. On your next turn, select a new card to your game piece the number of spaces on the card.
5. More than one player may occupy the same "square".
6. The first player to reach the "You're the Winner!" sign wins!

Game pieces:



Nutritious diet



Bright Smile



Brush



Snacks



Floss



Breakfast



Dentist



Children

Brush Your Way to a Day of **BRIGHT SMILES**



You skipped breakfast and munched on marshmallow cookies an hour later.
Lose a turn.

You brushed after breakfast.
Go again.

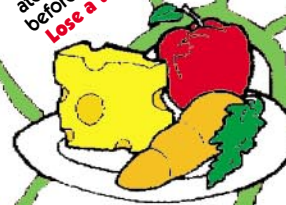
You didn't brush after breakfast.
Move back 2 spaces.

You ate a pita with ham, lowfat cheese, and pineapple for breakfast.
Move ahead 3 spaces.



You made your little sister some trail mix for an after-school snack.
Move ahead 3 spaces.

You skipped your mid-afternoon snack of pretzels and ate ice cream before dinner.
Lose a turn.

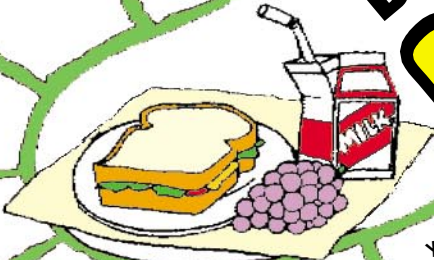


You taught your little brother how to brush.
Move ahead 2 spaces.



You helped your teacher prepare apple juice and oatmeal cookies for snack time.
Move ahead 2 spaces.

You snacked on cheese cubes at 10:00 AM.
Move ahead 1 space.



You colored a picture of the Food Guide Pyramid to keep on the fridge.
Move ahead 2 spaces.

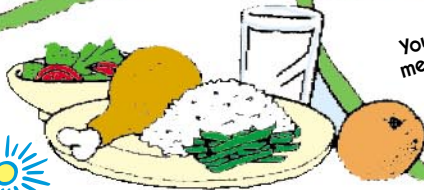
You skipped lunch and went outside to play instead.
Move back 3 spaces.

You brought a peanut butter and celery sandwich for lunch.
Move ahead 3 spaces.



You gave your peas to the dog during dinner.
Lose a turn.

You ate spaghetti, meatballs and salad for dinner.
Go again.



You didn't brush before bedtime.
Move back 4 spaces.

You reminded your whole family to floss.
Move ahead 3 spaces.



Colgate

Bright Smiles. Bright Futures.



THE AMERICAN DIETETIC ASSOCIATION