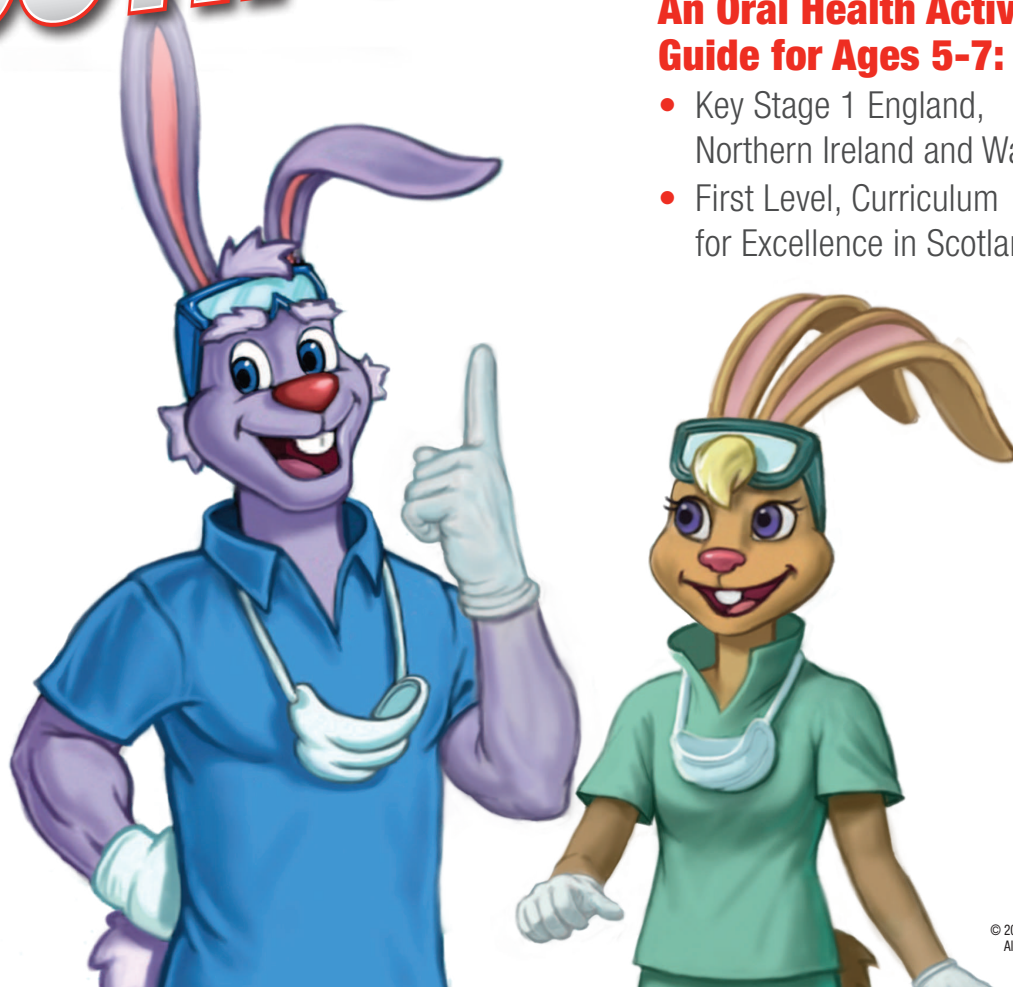




Dr. Rabbit AND THE TOOTH DEFENDERS

An Oral Health Activity Guide for Ages 5-7:

- Key Stage 1 England,
Northern Ireland and Wales
- First Level, Curriculum
for Excellence in Scotland



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Dear Teacher,

Welcome to Colgate *Bright Smiles, Bright Futures*™! You are now part of a **26 year legacy** that brings positive oral health messages to children across the world — in classrooms just like yours.

A Global Partnership

Each year, Colgate-Palmolive Company's award-winning programme reaches over 50 million school children and their families ... in 30 languages and 80 countries. It's teachers like you who have made this self-esteem-based initiative an international success!

Colgate recognises that fostering alliances between governments, health and educational organisations, professional associations, and oral care providers strengthens the impact of *Bright Smiles, Bright Futures*™ (BSBF) around the world. The programme was developed with an International Advisory Board and tested with children and teachers in real classrooms. Together with schools like yours, it's a true partnership in support of children's health!

Empowerment for the Future

Bright Smiles, Bright Futures™ gives teachers, children and families the tools they need to make good oral health a permanent part of their lives. With the focus on **prevention**, the programme builds self-esteem and teaches good oral health practice to create lifelong habits, and most importantly, BSBF inspires children to **take control of their own oral health**. Children not only understand “what” to do to take care of their teeth and gums, but the “why” behind the messages. In this way, BSBF empowers them to become lifelong **Tooth Defenders**.

Welcome to BSBF. We thank you for your commitment in helping your pupils' bright smiles last a lifetime.

Philip Durocher

Vice President and General Manager
Colgate UK & Ireland



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About the Programme

Since 1991, *Colgate Bright Smiles, Bright Futures™* (BSBF) has made it easy for teachers like you to integrate oral health in your classroom. The newest programme in the BSBF series wraps the tried-and-true appeal of superheroes and special powers into a programme that is sure to excite your pupils!

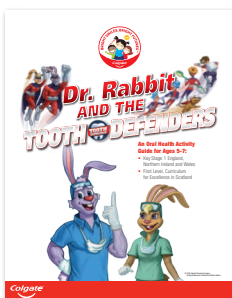
This engaging, activity-based programme fits into your existing curriculum, so you don't need to add a new unit to your busy day. The resources have been mapped to the curriculum to help make it easy to cover core learning objectives, and it's also flexible, so you can adapt it to your own classroom needs. And best of all, your pupils will love it!

- The **multimedia components** feature Dr. Rabbit and Dr. Brushwell — two cartoon dentists who have mentored a group of children to become Tooth Defender “superheroes.” Together, the team undertakes a mission to protect Tooth City from the sticky, sugary villain: Placulus!
- The **easy-to-use materials** were developed with teachers and oral health experts from around the world. In addition to fitting into your curriculum, the developmentally appropriate components are designed to challenge children to take responsibility for their own oral health.
- **Encouraging Parent/carer involvement** is an important part of the BSBF methodology. You'll find ideas for getting parents and other family members involved with the topic of oral health included throughout this guide.



Now, take a look at the materials — then invite your pupils to team up with **Dr. Rabbit and the Tooth Defenders** and become superheroes in protecting their *own* bright smiles!

Kit components at a glance



Teacher's Guide:
**Dr. Rabbit and the
Tooth Defenders**

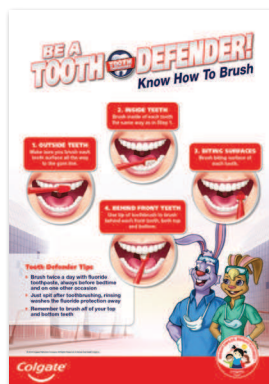
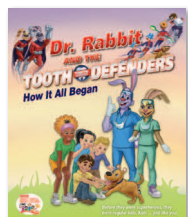


Video: **ONLINE**
**Dr. Rabbit and the
Tooth Defenders**

Tooth
defender
stickers:



Storybook: **ONLINE**
**Tooth Defenders:
How It All Began**



Poster:
**Be a Tooth Defender!
How to Brush**



Family Involvement:

- Parent/ carer take home booklet
- Toothbrush and Toothpaste sample

To download online materials, please go to: www.colgate.co.uk/app/BrightSmilesBrightFutures/UK/Program-Materials/For-Teachers.cvsp

Bright Smiles Key Messages

- Brush twice a day with fluoride toothpaste, last thing at night and on one other occasion
- Reduce the frequency and amount of sugary foods and drinks
- Visit the dentist regularly
- Oral health is an important part of overall health

“Prepare the Lesson” Key:

- Supplies Needed
- ▶ Pre-lesson to-dos

Time Required

Activity Key:



Bright
Smiles Alert



In the
Classroom



Home
Connection

We'd love to hear back from you! Tell us what you and your pupils think of the materials and how your lessons went at info@bsbfggetinvolved.co.uk or tweet us @ColgateUK using the hashtag #ColgateBrightSmiles!

Activity 1

Tooth Defender Training Starts With a Smile



Lesson at a Glance

Pupils begin their Tooth Defender “training” by illustrating all of the things teeth help us do, and understanding why it’s important to protect them.

Tooth Defenders’ Learning Goals:

- Recognise the importance of good oral health for children ... and for everyone!

Prepare the Lesson:

- Paper, crayons or coloured pencils
- ▶ Make copies of the **Bright Smile Tooth Box** handout, one for each pupil

Time Required: 20 minutes x 2



Bright Smiles Alert

Many of your pupils may lose teeth this year. “Baby” teeth save spaces for “adult” teeth to grow into. Children have the important job of caring for “baby” teeth AND their brand new “adult” teeth!

Why We Need Our Teeth

- Describe something that makes YOU smile, and invite pupils to share their own smiling moments.
- What do we notice when someone smiles? *Their teeth*
- Brainstorm a list of things that our teeth help us to do. Write key words on the board (*Smile, talk, eat and chew*).
- Each pupil draws a bright, healthy smile using a partner as a model.
- Invite pupils to showcase their smile portraits on the Bright Smiles Bulletin Board and share what they know about oral health:
 - What does a healthy smile mean? (Oral health means teeth and gums are strong and healthy. Good oral health is an important part of overall health)
 - Who is in charge of keeping our teeth healthy? (WE are – with help from parent/ carer when brushing and buying healthy foods and drinks and the dental professional to check our teeth regularly)
 - How can we keep our smiles shining?
- Invite the children to research the names of different types of teeth during their next computing lesson

Ready for Action!



Bright Smile Tooth Box



- Is it only important for adults take care of their teeth? Of course not!
- Ask pupils to name a big change that happens to kids’ teeth. (*Hint: Think of the tooth fairy.*)
- Help pupils use the **Bright Smile Tooth Box** handout to create a special place for any teeth that they may lose during the year.



Bright Smiles Bulletin Board

Showcase the accomplishments of Tooth Defenders in training! Create a **Bright Smiles** bulletin board to display projects from lessons. Start with photos of your pupils showing their brightest smiles.



Invite pupils to take their **Bright Smile Tooth Boxes** home and to talk with their families about why it is important to take care of our teeth.

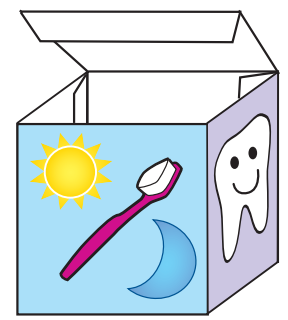
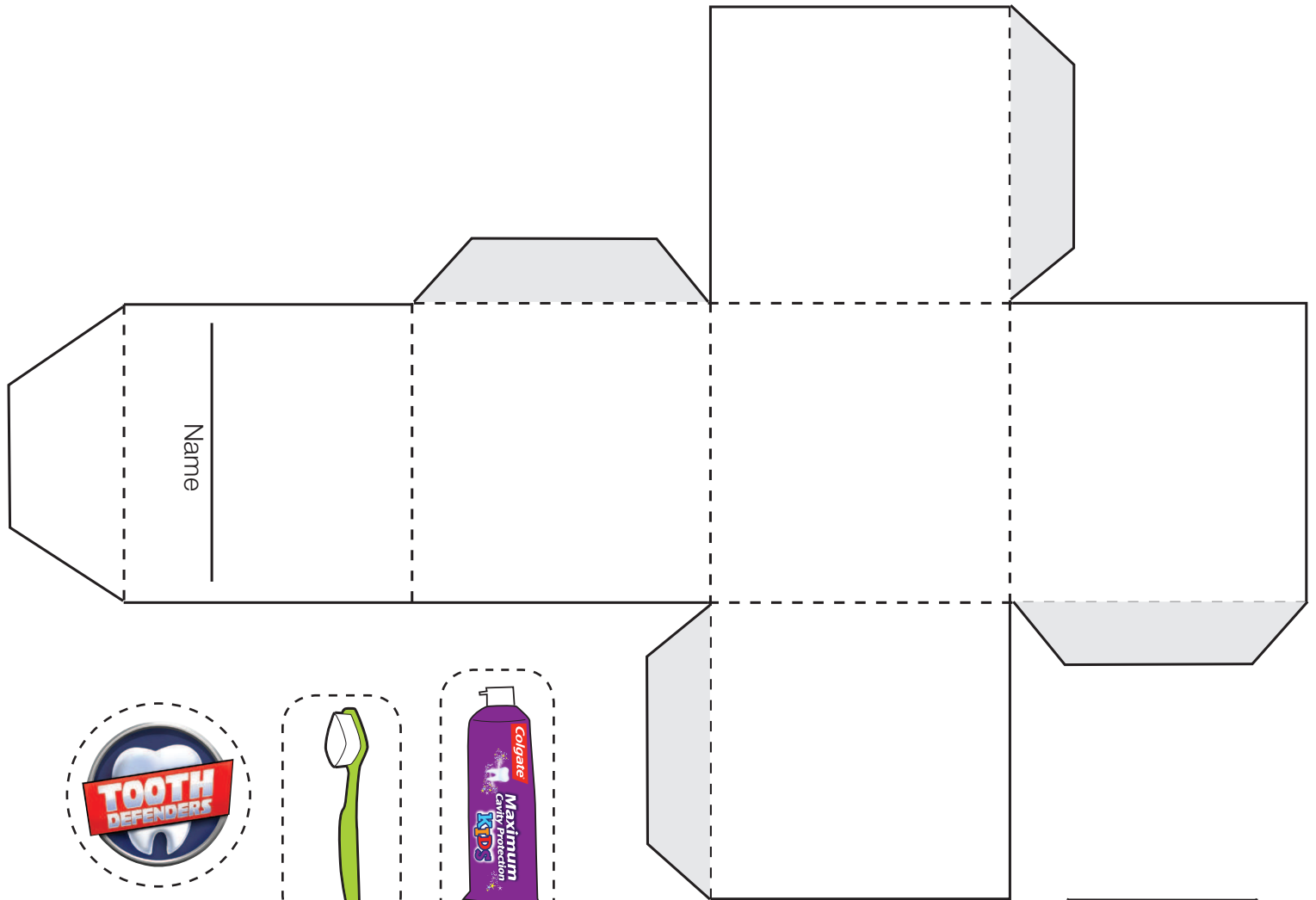


Bright Smile Tooth Box

After taking care of your baby teeth, you will want to save them when they fall out. Fold and decorate this special **Bright Smile Tooth Box**. If you lose any teeth this year, you can keep them safe in this box!

1. Cut carefully along solid lines
2. Fold along dotted lines
3. Glue shaded tabs to the sides to build the box

Colour/decorate the panels. Cut out pictures and glue them on!



Sample

Activity 2

Dr. Rabbit and the Tooth Defenders



Lesson at a Glance

Pupils meet their superhero mentors Dr. Rabbit, Dr. Brushwell and the Tooth Defenders in an engaging storybook. They learn about everyday oral health supplies and decode a special message from superhero dentist Dr. Rabbit.

Tooth Defenders' Learning Goals:

- Share existing knowledge of oral health strategies
- Learn that dental professionals are our friends and mentors in oral health care
- Review everyday oral health vocabulary: *teeth, toothpaste, toothbrush, fluoride, dentist, plaque, dental check-ups*

Prepare the Lesson:

- Storybook: *Tooth Defenders: How It All Began*
- ▶ Make copies of the **Postcard from Dr. Rabbit** handout, one for each pupil

Time Required: 30 minutes x 2



**Ready for
Action!**

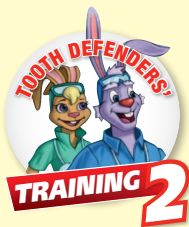
Superhero Warm-up

- Tell your class that they are about to become experts at keeping their smiles sparkling clean!
- To get started, ask for volunteers to describe or act out ways that they already take care of their teeth.

Meeting the Tooth Defenders

- Get your class ready for a superhero story adventure: *You are about to meet some ordinary school children (just like you!) who learn special powers to protect a place called Tooth City.*
- Starting with the cover, go on a “picture walk” through the book *Tooth Defenders: How it All Began*. Pupils make predictions about the story by looking at the illustrations on each page.
- Read the storybook aloud. Pupils will find out how Dr. Rabbit teaches Finn, Paige, Kali, and Miguel to protect Tooth City. They’ll also meet Chompers and learn about Plackie, the “trainee” who became Placulus!
- Ask pupils to explain what the story was about. Was it similar to their predictions?





Postcard from Dr. Rabbit

- Who gives the Tooth Defenders their special powers in the storybook? *Dr. Rabbit, the dentist*
- Tell pupils: Dr. Rabbit has a message for you to share with your families! Can you help him by writing a postcard from Dr. Rabbit to your family?
- First, review the items in the picture and word bank. Show pupils how each printed word in the picture bank describes an oral health image.
- The picture and word bank can help the pupils to write a message for the left hand side of the postcard.
- Use child friendly scissors to cut out the squares in the picture bank then glue these in place to help add to the message.
- Invite children to decorate the cover of the postcard by drawing a bright, healthy smile!



Set up a class visit with a dental professional to give your pupils a first-hand Tooth Defender experience! Prepare for the visit by brainstorming a list of questions that pupils have, based on their own experiences in going to the dentist.



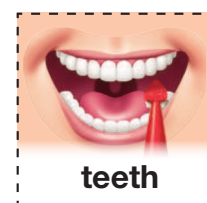
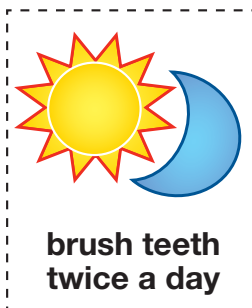
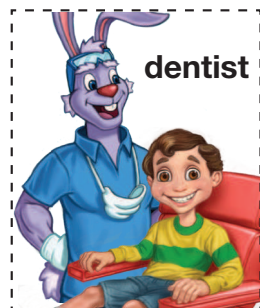
Partners in Oral Health

Encourage pupils to take Dr. Rabbit's postcard home to "read" with their families! As a follow-up, get parent/ carer help to compile a list of local dental professionals to share with the school community.



Postcard from Dr. Rabbit

Use this picture and word bank to write a postcard, and take it home to share with your family.





To:

See you soon!
Dr. Rabbit

Activity 3

Spotlight on the Tooth Defenders



Lesson at a Glance

Your class will watch the Tooth Defenders in action in a video, as they protect Tooth City from evil Placulus! Pupils will act out superhero strategies for keeping their teeth clean using puppets.

Tooth Defenders' Learning Goals:

- Observe oral health strategies in action
- Review key oral health strategies to defend against plaque

Prepare the Lesson:

- Storybook: *Tooth Defenders: How It All Began*
- Video: *Dr. Rabbit and the Tooth Defenders*, Projector screen or interactive whiteboard and computer
- Crayons or coloured pencils, glue, wooden lollipop/craft sticks
- ▶ Make copies of the **Practice Your Powers** handout, one for each pupil

 **Time Required:** 30 minutes x 2



Bright Smiles Alert

Tooth Defenders use Bright Smiles Super Powers to fight plaque.



Ready for Action!

If I were a Tooth Defender...

- Review the pictures from the storybook, paying close attention to each Tooth Defender and his/her special "power." *Toothpaste (Finn and Paige), toothbrush (Kali and Miguel)*
- Encourage pupils to choose a superhero that they would like to be and explain why. (*I want to be like Kali, because she gets to fly on a toothbrush!*)

Dr. Rabbit and the Tooth Defenders in Action!

- Hold on to your seats! You and your pupils are about to join the Tooth Defenders as they use their powers against their dreaded enemy, Placulus.
- Play the video, *Dr. Rabbit and the Tooth Defenders*. Remind pupils to pay close attention to the different powers that the superheroes use to keep Tooth City clean.
- Review the video by asking questions using the five Ws: Who, What, When, Where, Why. For example: *Who were the Tooth Defenders fighting against? Where was the action happening? What did Chompers do to help?*
- Encourage pupils to ask their own W-word questions!



Practice Your Powers

- Ask pupils to describe the most exciting parts of the video. How did each Tooth Defender help to fight Placulus?
- Use the puppets from the **Practice Your Powers** handout to act out scenes of Tooth Defenders protecting Tooth City!
- Provide crayons or coloured pencils for pupils to colour the puppets, then use child-friendly scissors to cut them out. Pupils then glue each "power" to the correct superhero, and attach the superheroes to wooden sticks.
- Pupils will enjoy acting out scenes with a partner!



Use the Powers At Home

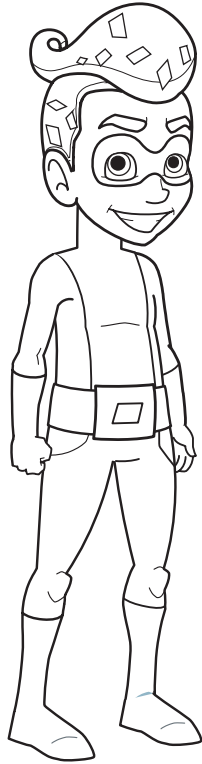
Pupils can bring their Tooth Defender puppets home to introduce their families to their new superhero mentors. Which Tooth Defender "powers" (oral health supplies) do they already have at home?



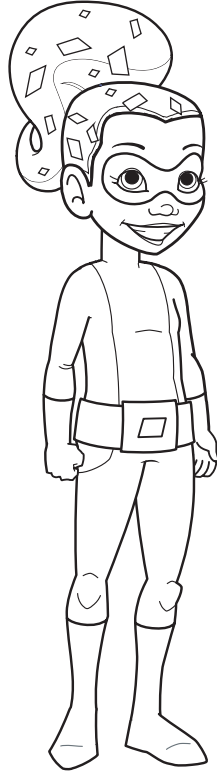
Practice Your Powers

Colour the Tooth Defenders and super powers. Cut them out carefully along the dotted lines. Match each power to the correct Tooth Defender. Glue them back-to-back on a stick to make your own Tooth Defender puppets!

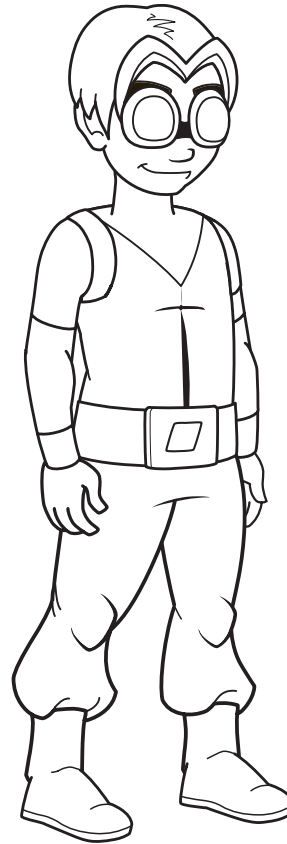
Tooth Defenders



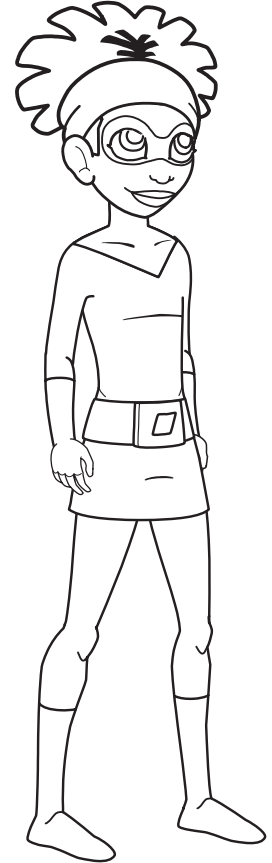
Finn
Toothpaste Kid



Paige
Toothpaste Kid



Miguel
The Brush



Kali
The Brush

—Toothpaste Duo—

Powers



Fluoride
Toothpaste



Fluoride
Toothpaste



Toothbrush



Toothbrush



Activity 4

YOU can Defend Tooth City from Placulus!



Lesson at a Glance

After getting to know all the Bright Smiles characters, pupils explore how *they* can be superheroes and fight off Placulus by limiting sugary snacks.

Tooth Defenders' Learning Goals:

- Recap and review ways to take care of our teeth, by limiting the frequency and amount of sugary foods and drinks
- Learn about the relationship between plaque, tooth decay, and sugary foods and drinks

Prepare the Lesson:

- Magazines with images of food for pupils to cut out
- ▶ Make copies of the handout, **Placulus Attacks** — one for each pupil
- ▶ Using large pads or a whiteboard, prepare an image of a white, healthy tooth and an image of a brown, decaying tooth



Time Required: 30 minutes x 2



Bright Smiles Alert

Everyone has plaque bacteria on their teeth. When you eat or drink something containing sugar it mixes with plaque. This creates an acid that can attack the teeth. Sugary foods and drinks can lead to cavities, tiny holes in teeth that often only a dental professional can see.



Ready for Action!

Tooth City Villain

- Recount the attack on Tooth City shown in the video.
Who was trying to destroy Tooth City? (Placulus)
What weapons was Placulus using? (Sugary foods and drinks)

Placulus and the Rotten Tooth

- Encourage pupils to recall the plaque attack (“sweets storm”) in the video. What would a tooth look like that has been destroyed by Placulus, compared to one that has been protected by a Tooth Defender?
- After pupils share their ideas, show the image of the brown, decaying tooth and the clean, healthy-looking tooth.
- Invite pupils to draw small pictures of sugary snacks and drinks (sweets, chocolate, biscuits, cake, juices, fizzy drinks) and healthy snack food and drinks (fruit, vegetables, plain milk and water), or use child-friendly scissors to cut out pictures of these snacks from magazines. Confident writers can label foods to practice spelling.
- Paste the images/words to the matching tooth and invite pupils to share their favourite healthy snacks.



Placulus Attacks

- Explain that Placulus also “attacks” our own mouths using yucky plaque.
- Ask pupils to describe how their teeth feel after eating. *The “fuzzy” feeling that they may notice after eating is plaque.* (Note: If possible, do this activity right after a class lunch break.)
- Have pupils brainstorm what they can do in real life to protect their teeth and smiles. Reduce the frequency and amount of sugary foods and drinks, *use the Tooth Defender powers (toothbrush, fluoride toothpaste); and visit Dr. Rabbit regularly.*
- Pupils will use their Tooth Defender know-how to find their way through the **Placulus Attacks** maze.



Healthy Snacks

Have pupils share their ideas for tooth-friendly snacks and drinks with their families!

Activity 5

Practice Your Powers: Brush Like a Tooth Defender!

Lesson at a Glance

Pupils learn the best way to get rid of plaque and help keep teeth and gums healthy by practising effective brushing technique and reviewing oral health strategies. They get ready to embark on a mission to make Tooth Defender strategies a lifelong habit for themselves and their families.

Tooth Defenders' Learning Goals:

- Practice effective brushing to get rid of plaque and help keep teeth and gums healthy
- Review other oral health strategies, following the advice of a dental professional, and limiting the frequency and amount of sugary foods and drinks
- Build the habit of oral health care with the whole family, keep a check on their brushing progress for 7 days

Prepare the Lesson:

- **Tooth Defenders' Poster** (brushing side), displayed where everyone can see it
- Kitchen timer
- ▶ Make copies of the **Training for a Superhero Smile** handout, one for each pupil

Time Required: 30 minutes x 2



**Ready for
Action!**

Brush Like Kali

- Tell your pupils that they are about to learn Kali's secrets to superhero brushing!
- Share the **Tooth Defenders' Poster** with the class. Which parts of our teeth need attention when we brush? Refer to the poster as you review the directional captions: outside, inside, biting surfaces, behind the front teeth.
- Set the two minute egg timer and model to the class how to brush their teeth correctly encouraging them to join in. Act it out altogether. Model the motions shown in the poster, and be sure to reach all the hidden parts of "Tooth City"!

Dr. Rabbit Says ...

Lead a game of *Dr. Rabbit Says* (similar to the popular game "Simon Says"):

- Tell your pupils that as "Tooth Defenders in training," they should try their best to do what Dr. Rabbit asks them!
- Start the game by saying, "*Dr. Rabbit says ... brush the outsides of your teeth!*"
- Pantomime this action by closing your teeth, giving your biggest smile, and pretending to brush the outside of your teeth. Encourage your pupils to make a similar action.
- Continue by saying, "*Dr. Rabbit says ... brush the tops of your teeth!*"
- Pantomime this action by opening your teeth wide and pretending to brush the tops of your teeth. Again, encourage your pupils to do a similar action.
- Continue with the game until pupils are comfortably participating and acting out things that they have learned about taking care of their teeth (see examples on next page).
- Now, tell them about the fun and tricky part of the game: If the leader does **not** say the magic words, "Dr. Rabbit says," any player who goes ahead and acts out the motion will **sit down** until the game has finished. The last person standing is the "winner"; he or she will get the chance to lead the next game!

Activity 5

Practice Your Powers: Brush Like a Tooth Defender!

- As you continue to play, give an occasional “order” that represents an undesirable message, **without** saying “Dr. Rabbit says ...” before you say and act out the order. *For example: eat an ice cream cone, go to sleep without toothbrushing, drink fizzy drinks, forget your dental appointment, lick a lollipop, nibble on a biscuit, take a bite of cake, etc.*
- Remind players who make motions for the actions without “Dr. Rabbit says ...” to sit down (until the next game), because they forgot to do only what Dr. Rabbit asks them to! Players who stay still without acting will continue to play ... until there is only one person left standing!



Here are examples of Tooth Defender strategies to use for the game of Dr. Rabbit Says:

Dr. Rabbit says ...

- Brush the inner parts of your teeth
- Peel a banana for a healthy snack
- Squeeze a pea-sized amount of toothpaste on your brush
- Take a bite out of an apple
- Show your biggest smile
- Push away sugary foods and drinks
- Pretend to be a dental professional cleaning someone’s teeth



Training for a Superhero Smile

After learning about all the training and strategies on the road to becoming a Tooth Defender, pupils are ready for their most important mission!

- Explain that everyone will keep track of their brushing for 28 days using a special chart. They can invite their families to use the chart and practice this important Tooth Defender strategy, too!
- Show pupils a sample of the **Training for a Superhero Smile** handout. Demonstrate how they will use it to record every time they brush their teeth in the morning and last thing at night. If you have a white board, invite pupils to practice filling in the chart.
- Tell pupils to leave the spaces at the bottom of the page blank until the end of the 28 days. This is where they will write the total number of days that they brushed their teeth both once in the day and once at night!
- At the end of the 28 days, ask pupils to bring in their charts. Work together to make a tally table showing the number of pupils that brushed their teeth twice a day for all 28 days, for 27 days, for 26 days, etc. If desired, make separate tallies of how often a grown up helped them brush.



Superhero Training at Home

Let families know about the **Training for a Superhero Smile** 28 day brushing chart. Ask them to remind their children to record their daily oral health care on the chart, and invite them to participate in this Tooth Defender challenge.



Training for a Superhero Smile

Child: Brush teeth twice a day, once in the day ☀️ and once before bedtime 🌙.

My name is: _____

Note to families: Help them to complete the toothbrushing chart. Tick the sunshine symbol when they brush in the day and the moon symbol when they brush at bedtime. Children need help with brushing. Tick the circle every time a grown up helps the child to brush.

TICK A BOX EACH TIME YOU BRUSH YOUR TEETH

TALLY:

A grown-up helped me brush during the day on

days

A grown-up helped me brush before bedtime on

days

TALLY:

I brushed during the day on

days

I brushed before bedtime on

days

Older children could do additional work around adding the total number of times they were helped by a grown up to brush their teeth, along with the total number of times they brushed their teeth during the day and at bedtime.

Activity 6

Bright Smiles, Bright Futures: Today and Forever!



**Ready for
Action!**

Lesson at a Glance:

In this final lesson, pupils use song to review oral health strategies, and create a Tooth Defenders Promise review chart to be Tooth Defenders forever.

Tooth Defenders' Learning Goals:

- Summarise key oral health strategies

Prepare the Lesson:

- Large piece of paper or whiteboard for writing a Tooth Defenders Promise review
- ▶ Be ready to play the **Tooth Defender Anthem** song portion of the video on a computer.
- ▶ Make a copy of the **Bright Smiles Tooth Defender Certificate** handout, one for each pupil. Complete in advance.

Time Required: 30 minutes x 2



Bright Smiles Alert

Your bright smile can last a lifetime if you take care of it. Use your own Bright Smiles Super Powers to be a lifelong Tooth Defender!

Smiling Moments

- Invite pupils to share their favourite part of learning to become a Tooth Defender.
- Show the **Tooth Defender Challenge** poster on the white board or print off and enlarge to A3 size. Each character's "string" leads to one of the Bright Smile strategies. Pupils can trace the different coloured strings to each message using their fingers. Review the messages at the bottom of the poster, and remind pupils how much they've learned!

Create a Tooth Defender promise review

- It is time for your pupils to become official Tooth Defenders!
- On the large piece of paper or whiteboard, write "As Tooth Defenders, we promise to always ..."
- Tell your pupils it is up to them to finish the pledge by naming different "powers" that they have learned about to protect their teeth. As pupils list the Bright Smiles oral health strategies, write them on the Tooth Defenders Promise review chart.
 - *Brush twice a day with fluoride toothpaste*
 - *Always brush last thing at night*
 - *Cut down how often you have sugary foods and drinks*
 - *Visit the dentist regularly*
 - *Just spit after toothbrushing*
- When the Tooth Defenders Promise review chart is complete, pupils can "sign" their names (or draw a picture) to show that they are ready to do their best to be Tooth Defenders — forever!

Celebrate What We've Learned

- It's time to celebrate with the Tooth Defender anthem! Play this section of the video and ask pupils to make a special motion every time they hear the word "teeth." *For example, make a big smile and point to your teeth!* Build in additional motions for special words, such as smile, and continue to play the song and act out the motions. (Lyrics can be found on page 20.)
- If you are not having a family Oral Health assembly (see Home Connection, below), distribute the **Bright Smiles Tooth Defender Certificates** for pupils to take home. Just like Tooth Defender Superheroes, they are receiving a certificate of graduation from their training! CONGRATULATIONS!



Have an Oral Health Celebration!

Invite family members and friends to celebrate at an assembly. Play the video for the guests. During the anthem scene, have pupils perform it using the motions they practiced, or sing/dance along. Hand out copies of lyrics so guests can sing along, too! Afterward, encourage pupils to show off the work they've been adding to the **Bright Smiles** bulletin board throughout each activity. Award the **Bright Smiles Tooth Defender Certificates** to conclude the event.



TOOTH DEFENDER! Challenge

Good oral health is an important part of being healthy. Follow the tangled strings to discover the **Bright Smiles Super Powers** that can make you a true Tooth Defender!



Brush teeth twice a day with a fluoride toothpaste, last thing at night and on one other occasion



Take care to clean all tooth surfaces



Just spit after toothbrushing, rinsing washes the fluoride protection away



Reduce the amount and frequency of sugary foods and drinks



Visit the dentist regularly

Tooth Defender Song

Ran to the mirror 'bout a quarter to three
Had to see what was there, where my smile oughta be
Opened my lips – what did I see?
Two rows of pearly beauties, what a lucky me!



My Teeth – I love 'em – yeah that's what I said
Teeth – the brightest thing in my head
My teeth – and if I want to keep 'em that way
I gotta brush those babies at least twice a day
My teeth – you gotta admit they're awesome
Teeth - always brush before bed
Teeth - always brush them twice a day
They're shiny and they're bright and I'd like 'em to stay.

Give good oral health a whirl
And you'll never be too shy to give your lip a curl
When you smile everyone stops to stare
Cuz they see you're makin' visits to the dentist's chair.



My teeth – the brightest things you've ever seen
Teeth – shining 'cause they're sparkling clean
My teeth - you gotta limit those sweetie snacks
If you wanna stay away from the acid attacks
Give good oral health a try
And you'll dazzle them all with a brilliant smile
And a secret you should know
Healthy teeth and gums help keep you healthy from tooth to toe.

My teeth – the brightest things you've ever seen
Teeth – shining 'cause they're sparkling clean
My teeth - I brush 'em twice a day
They're shiny and they're bright and I'd like 'em to stay!

To play the song visit:
<http://www.colgate.co.uk/app/BrightSmilesBrightFutures/UK/Program-Materials/For-Teachers/Video.cvsp>
Song appears at 2:40-4:15min.





Tooth Defender Certificate

This is to certify that

(Name of Tooth Defender)
has joined the ranks of Tooth Defender Superheroes.

Tooth Defenders' Promise:

I'll give good oral health a try,
And dazzle the world with my brilliant smile.
So here's the secret I now know:
Healthy teeth help keep *me* healthy...
from tooth to toe!

Date

Superhero Trainer/Teacher

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www.brightsmilesbrightfutures.co.uk/teachers

Directions: Decorate the border on your certificate. See the images below to give ideas for you to include the tooth defender supplies and strategies your class has mastered.



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Encouraging Family Involvement

YOU are in an ideal position to encourage parent/carer involvement. As you take your pupils on the journey toward becoming Tooth Defenders, use the Colgate *Bright Smiles, Bright Futures™* integrated programme to help families extend the lessons you're covering in class.

Parents play a key role in their child's oral health — and they can reinforce your in-class efforts every day at home. By engaging their child in sharing what they're learning at school, families can work together to make Bright Smiles an ongoing call to action!



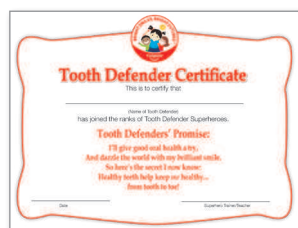
Home Connections tips are sprinkled throughout this guide. They offer easy ideas for sending oral health messages home and promoting family engagement.



The **Family Take-home Kit** gives parents the information they need to incorporate key daily routines to improve the oral health of their family. You can use these as a programme kickoff, in-class, or to wrap up the educational unit and extend the messages to home. The kit includes a Family Booklet, children's toothbrush and tube of toothpaste. Parents are encouraged to go online on ColgateTwoMinuteTales.co.uk where they will find tales that can be read in 2 minutes, the recommended time to brush teeth to keep mouths healthy.



The **28 Day Toothbrushing Chart** (see page 15) is a great at-home reminder that defending teeth is something to be done every day. It encourages family members to get involved too! After 4 weeks, children will have their toothbrushing habit established. Remind parents that if a child has a dental checkup, he/she can take the chart along to the dental appointment. Perhaps the dental professional can even autograph it!



The **Tooth Defenders' Promise Certificate** (see page 19) starts as an in-class activity ... and concludes with a meaningful reminder that children will be proud to take home and share! Or, you may decide to present them at a school assembly or parents evening. Encourage parents to display the certificate at home as a reminder of the importance of good oral health habits for everyone!



Bright Smiles, Bright Futures™ is most successful when teachers, dental professionals and families work together to promote positive and lasting oral health habits at a young age.

Remember: You are ensuring that children's smiles can last a lifetime!



Focus On: Parents as Role Models

Good oral health is an integral part of a child's overall health. At every opportunity, remind parents and carers that by *modelling effective tooth brushing* and encouraging children to take care of their teeth at home, they are helping them develop healthy habits they can practice forever!



Encourage parents to "Like" *Bright Smiles, Bright Futures* on Facebook!

www.facebook.com/ColgateUK



Families can follow Colgate on Twitter, too!

www.twitter.com/ColgateUK

Curriculum information:

England








Northern Ireland

Scotland

Wales






Curriculum information: England



ACTIVITY	COMPONENTS	LEARNING OUTCOMES	CURRICULUM INFORMATION
1: Tooth Defender Training Starts with a Smile Page 6	 Bright Smile Tooth Box Page 7	<ul style="list-style-type: none"> Recognise the importance of good oral health for children ... and for everyone! 	<p>Science</p> <ul style="list-style-type: none"> Asking simple questions Use observations and ideas to suggest answers to questions Identifying and classifying <p>Art</p> <ul style="list-style-type: none"> Use drawing to develop and share their ideas, experiences and imagination <p>English</p> <ul style="list-style-type: none"> Use spoken language to develop understanding Participate in discussions
2: Dr Rabbit and the Tooth Defenders Page 8	  Postcard from Dr. Rabbit Page 9-10	<ul style="list-style-type: none"> Share existing knowledge of oral health strategies Learn that dental professionals are our friends and mentors in oral health care Review every day oral health vocabulary: teeth, toothpaste, toothbrush, fluoride, dentist, plaque, dental check-ups 	<p>English</p> <ul style="list-style-type: none"> Participate in presentations, performances, role play and improvisations Gain, maintain and monitor the interest of the listener(s) Develop pleasure in reading, motivation to read, vocabulary and understanding by: <ul style="list-style-type: none"> Listening to and discussing a wide range of poems, stories and non-fiction Predict what might happen on the basis of what has been read so far/looked at so far Participate in discussion about what is read to them, taking turns and listening to what others say Apply phonic knowledge and skills as the route to decode words
3: Spotlight on the Tooth Defenders Page 11	   Practice Your Powers Page 12	<ul style="list-style-type: none"> Observe oral health strategies in action Review key oral health strategies to defend against plaque 	<p>English</p> <ul style="list-style-type: none"> Speak audibly and fluently with an increasing command of Standard English Explain clearly their understanding of main events of a story and retell story Participate in presentations, performances, role play and improvisations
4: YOU can Defend Tooth City from Placulus! Page 13	 Placulus Attacks Page 14	<ul style="list-style-type: none"> Recap and review ways to take care of our teeth, by limiting the frequency and amount of sweet foods and drinks Learn about the relationship between plaque, tooth decay and sugary foods and drinks 	<p>English</p> <ul style="list-style-type: none"> Show an understanding of what is read to them or what they have read/seen Becoming very familiar with key stories retelling them and considering their particular characteristics Explain clearly their understanding of events Articulate opinions/ideas Apply phonic knowledge and skills as the route to decode words Practice at reading such words by sounding and blending can provide opportunities not only for pupils to develop confidence in their decoding skills, but also for teachers to explain the meaning and thus develop pupils' vocabulary Use spoken language to develop understanding through speculating, hypothesising, imagining and exploring ideas Give well-structured descriptions, explanations <p>Art</p> <ul style="list-style-type: none"> To use drawing to share their ideas, experiences and imagination







Curriculum information: England



ACTIVITY	COMPONENTS	LEARNING OUTCOMES	CURRICULUM INFORMATION
<p>5: Practise your Powers: Brush Like a Tooth Defender</p> <p>Page 15</p>	  <p>Training for a Superhero Smile Page 17</p>	<ul style="list-style-type: none"> • Practise effective toothbrushing to get rid of plaque and help keep teeth and gums healthy • Review other oral health strategies: <ul style="list-style-type: none"> - limit the amount and frequency of sugary foods and drinks - getting advice of a dental professional • Build the habit of oral health care with the whole family by tracking brushing for 7 days 	<p>Science</p> <ul style="list-style-type: none"> • Pupils should have plenty of opportunities to learn the names of the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes • Use simple equipment such as egg timers <p>English</p> <ul style="list-style-type: none"> • Participate in role play <p>Maths</p> <ul style="list-style-type: none"> • Count, read and write numbers to 100 • Sequence events in chronological order using language [for example, before and after, next, first, today, yesterday, tomorrow, morning, afternoon and evening] • Recognise and use language relating to dates, including days of the week, weeks, months and years • For Year 2 pupils: construct and interpret simple tally charts. • Ask and answer simple questions by counting the number of objects in each category and sorting the categories by quantity • Ask and answer questions about totalling and comparing categorical data
<p>6: Bright Smiles, Bright Futures: Today and Forever!</p> <p>Page 18</p>	   <p>Tooth Defender Certificate Page 21</p>	<ul style="list-style-type: none"> • Summarise key oral health strategies 	<p>English</p> <ul style="list-style-type: none"> • Retelling information, key facts, consider what they are going to write beginning by: <ul style="list-style-type: none"> - Planning or saying out loud what they are going to write about - Writing down ideas and/or key words, including new vocabulary - Encapsulating what they want to say, sentence by sentence. - Participate in learning through song, performance <p>PSHE</p> <ul style="list-style-type: none"> • N.B. This is down to the discretion of each school as there are no statutory guidelines in the new curriculum but ideas may be: • Oral hygiene, steps taken to ensure good hygiene is practised. • Know and understand what can harm our teeth and cause decay







Curriculum information: Northern Ireland



ACTIVITY	COMPONENTS	LEARNING OUTCOMES	KEY STAGE ONE
<p>1: Tooth Defender Training Starts with a Smile</p> <p>Page 6</p>	 <p>Bright Smile Tooth Box</p> <p>Page 7</p>	<ul style="list-style-type: none"> Recognise the importance of good oral health for children ... and for everyone! 	<p>Language and Literacy</p> <ul style="list-style-type: none"> Talking and Listening Skills <ul style="list-style-type: none"> - participate in T&L in every area of learning - listen to and respond to guidance and instructions - speak audibly and clearly, using appropriate quality of speech and voice Writing <ul style="list-style-type: none"> - talk about and plan what they are going to write - write for a variety of purposes and audiences
<p>2: Dr Rabbit and the Tooth Defenders</p> <p>Page 8</p>	  <p>Postcard from Dr. Rabbit</p> <p>Page 9-10</p>	<ul style="list-style-type: none"> Share existing knowledge of oral health strategies Learn that dental professionals are our friends and mentors in oral health care Review every day oral health vocabulary: teeth, toothpaste, toothbrush, fluoride, dentist, plaque, dental check-ups 	<p>Personal Development and Mutual Understanding</p> <ul style="list-style-type: none"> Personal Understanding and Health <ul style="list-style-type: none"> - strategies and skills for keeping themselves healthy <p>Language and Literacy</p> <ul style="list-style-type: none"> Talking and Listening Skills <ul style="list-style-type: none"> - participate in T&L in every area of learning - listen to, respond to and explore stories - take part in a range of drama activities Reading <ul style="list-style-type: none"> - read and be read to - use a range of strategies to identify unfamiliar words - recognise and notice how words are constructed and spelt <p>Drama</p> <ul style="list-style-type: none"> - develop dramatic skills appropriate to audience
<p>3: Spotlight on the Tooth Defenders</p> <p>Page 11</p>	   <p>Practice Your Powers</p> <p>Page 12</p>	<ul style="list-style-type: none"> Observe oral health strategies in action Review key oral health strategies to defend against plaque 	<p>Personal Development and Mutual Understanding</p> <ul style="list-style-type: none"> Personal Understanding and Health <ul style="list-style-type: none"> - strategies and skills for keeping themselves healthy <p>Language and Literacy</p> <ul style="list-style-type: none"> Talking and Listening Skills <ul style="list-style-type: none"> - participate in T&L in every area of learning - listen to, respond to and explore stories - take part in a range of drama activities Reading <ul style="list-style-type: none"> - read and be read to - use a range of strategies to identify unfamiliar words - recognise and notice how words are constructed and spelt







Curriculum information: Northern Ireland



ACTIVITY	COMPONENTS	LEARNING OUTCOMES	KEY STAGE ONE
<p>4: YOU can Defend Tooth City from Placulus!</p> <p>Page 13</p>	 <p>Placulus Attacks Page 14</p>	<ul style="list-style-type: none"> Recap and review ways to take care of our teeth, by limiting the frequency and amount of sweet foods and drinks Learn about the relationship between plaque, tooth decay and sugary foods and drinks 	<p>Personal Development and Mutual Understanding</p> <ul style="list-style-type: none"> Personal Understanding and Health <ul style="list-style-type: none"> -strategies and skills for keeping themselves healthy <p>Language and Literacy</p> <ul style="list-style-type: none"> Talking and Listening Skills <ul style="list-style-type: none"> - participate in T&L in every area of learning - listen to, respond to and explore media texts - listen to, interpret and retell, with some supporting detail a range of oral texts Reading <ul style="list-style-type: none"> - use a range of strategies to identify unfamiliar words - recognise and notice how words are constructed and spelt Writing <ul style="list-style-type: none"> - talk about and plan what they are going to write - organise, structure and present ideas and information - use a variety of skills to spell words in their writing - spell correctly a range of familiar, important and regularly occurring words
<p>5: Practise your Powers: Brush Like a Tooth Defender</p> <p>Page 15</p>	  <p>Training for a Superhero Smile Page 17</p>	<ul style="list-style-type: none"> Practise effective brushing to get rid of plaque and help keep teeth and gums healthy Review other oral health strategies: <ul style="list-style-type: none"> - limit the amount and frequency of sugary foods and drinks - getting advice of a dental professional Build the habit of oral health care with the whole family by tracking brushing for 7 days 	<p>Mathematics and Numeracy</p> <ul style="list-style-type: none"> - collect data, record and present it using drawings - discuss and interpret data
<p>6: Bright Smiles, Bright Futures: Today and Forever!</p> <p>Page 18</p>	   <p>Tooth Defender Certificate Page 21</p>	<ul style="list-style-type: none"> Summarise key oral health strategies 	<p>Personal Development and Mutual Understanding</p> <ul style="list-style-type: none"> Personal Understanding and Health <ul style="list-style-type: none"> - strategies and skills for keeping themselves healthy <p>Language and Literacy</p> <ul style="list-style-type: none"> Talking and Listening Skills <ul style="list-style-type: none"> - participate in T&L in every area of learning - listen to, interpret and retell, with some supporting detail a range of oral texts - take part in a range of drama activities to support activity based learning across the curriculum <p>The Arts - Music</p> <ul style="list-style-type: none"> - sing a variety of simple songs - use appropriate actions or movement in response to music they perform and listen to







Curriculum information: Scotland



ACTIVITY	COMPONENTS	LEARNING OUTCOMES	CURRICULUM INFORMATION
<p>1: Tooth Defender Training Starts with a Smile</p> <p>Page 6</p>	 <p>Bright Smile Tooth Box Page 7</p>	<ul style="list-style-type: none"> Recognise the importance of good oral health for children... and for everyone! 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> I am becoming aware of how cleanliness, hygiene and safety can affect my health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth. HWB 1-33a I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health HWB 1-15a <p>Art and Design</p> <ul style="list-style-type: none"> I have been given the opportunity to choose and explore a range of media and technologies to create images and objects, discovering their effects and suitability for specific tasks. EXA 1- 02a <p>Literacy and English</p> <ul style="list-style-type: none"> When listening and talking with others for different purposes I can exchange information, experiences, explanations, ideas and opinions, and clarify points by asking questions or by asking others to say more. LIT 1-09a
<p>2: Dr Rabbit and the Tooth Defenders</p> <p>Page 8</p>	  <p>Postcard from Dr. Rabbit Page 9-10</p>	<ul style="list-style-type: none"> Share existing knowledge of oral health strategies Learn that dental professionals are our friends and mentors in oral health care Review every day oral health vocabulary: teeth, toothpaste, toothbrush, fluoride, dentist, plaque, dental check-ups 	<p>Health and Wellbeing HWB 1-33a and 1-15a as above,</p> <p>Literacy and English</p> <ul style="list-style-type: none"> I am learning to select and use strategies and resources before I read, and as I read, to help make the meaning of texts clear. LIT 1-13a
<p>3: Spotlight on the Tooth Defenders</p> <p>Page 11</p>	   <p>Practice Your Powers Page 12</p>	<ul style="list-style-type: none"> Observe oral health strategies in action Review key oral health strategies to defend against plaque 	<p>Health and Wellbeing</p> <p>Creative Development</p> <ul style="list-style-type: none"> HWB 1-33a and 1-15a as above, <p>Drama</p> <ul style="list-style-type: none"> Inspired by a range of stimuli, I can express and communicate my ideas, thoughts and feelings through drama. EXA 1-13a I have developed confidence and skills in creating and presenting drama which explores real and imaginary situations, using improvisation and script. EXA 1-14a







Curriculum information: Scotland



ACTIVITY	COMPONENTS	LEARNING OUTCOMES	CURRICULUM INFORMATION
<p>4: YOU can Defend Tooth City from Placulus!</p> <p>Page 13</p>	 <p>Placulus Attacks Page 14</p>	<ul style="list-style-type: none"> Recap and review ways to take care of our teeth, by limiting the frequency and amount of sweet foods and drinks Learn about the relationship between plaque, tooth decay and sugary foods and drinks 	<p>Health and Wellbeing HWB 1-33a and 1-15a See activity 1 Curriculum Information.</p> <ul style="list-style-type: none"> By investigating the range of foods available I can discuss how they contribute to a healthy diet. HWB 1-30a
<p>5: Practise your Powers: Brush Like a Tooth Defender</p> <p>Page 15</p>	  <p>Training for a Superhero Smile Page 16</p>	<ul style="list-style-type: none"> Practise effective brushing to get rid of plaque and help keep teeth and gums healthy Review other oral health strategies: <ul style="list-style-type: none"> - limit the amount and frequency of sugary foods and drinks - getting advice of a dental professional Build the habit of oral health care with the whole family by tracking brushing for 7 days 	<p>Health and Wellbeing HWB 1-33a and 1-15a See activity 1 Curriculum Information.</p> <p>Literacy and English:</p> <ul style="list-style-type: none"> Using what I know about the features of different types of texts, I can find, select, sort and use information for a specific purpose. LIT 1-14a
<p>6: Bright Smiles, Bright Futures: Today and Forever!</p> <p>Page 18</p>	   <p>Tooth Defender Certificate Page 21</p>	<ul style="list-style-type: none"> Summarise key oral health strategies 	<p>Health and Wellbeing HWB 1-33a and 1-15a See activity 1 Curriculum Information.</p> <p><i>If used in an assembly or Parents event:</i> I have experienced the energy and excitement of presenting/performing for audiences and being part of an audience for other people's presentations/performances. EXA 1-01a</p>

Curriculum information: Wales









ACTIVITY	COMPONENTS	LEARNING OUTCOMES	CURRICULUM INFORMATION
1: Tooth Defender Training Starts with a Smile Page 6	 Bright Smile Tooth Box Page 7	<ul style="list-style-type: none"> Recognise the importance of good oral health for children... and for everyone! 	<p>Language, Literacy and Communication</p> <ul style="list-style-type: none"> To become independent in their personal hygiene needs. Talk about things they have made or done. Talk in detail about things they have made or done. Listen to others with concentration, understanding the main points and asking for clarification if needed. <p>Mathematical Development</p> <ul style="list-style-type: none"> Make increasingly more complex models, patterns and pictures. Use 3D shapes and explain how they fit together.
2: Dr Rabbit and the Tooth Defenders Page 8	  Postcard from Dr. Rabbit Page 9-10	<ul style="list-style-type: none"> Share existing knowledge of oral health strategies Learn that dental professionals are our friends and mentors in oral health care Review every day oral health vocabulary: teeth, toothpaste, toothbrush, fluoride, dentist, plaque, dental check-ups 	<p>Language, Literacy and Communication</p> <ul style="list-style-type: none"> Make links between texts read and new information about the topic. Look for clues in the text to understand information. Identify words and pictures on-screen which are related to a topic. Retell events from a narrative in the right order. Use prediction in stories, adding more detail. Explain relevant details from texts. Recall and retell narratives and information from texts with some details.
3: Spotlight on the Tooth Defenders Page 11	   Practice Your Powers Page 12	<ul style="list-style-type: none"> Observe oral health strategies in action Review key oral health strategies to defend against plaque 	<p>Language, Literacy and Communication</p> <ul style="list-style-type: none"> Make links between texts read and new information about the topic. Answer 'Who?', 'What?', 'When?', 'Where?', 'How?' and open-ended questions relating to own experiences, stories or events. Show understanding of what they have heard by asking questions to find out more information. Answer more complex questions relating to own experiences, stories or events. Show understanding of what they have heard by asking relevant questions to find out specific information. <p>Creative Development</p> <ul style="list-style-type: none"> Explore and experiment with a variety of techniques and materials. Develop and use their understanding of colour, line, tone, texture, pattern, shape and form. Work on their own and with others to pretend, improvise and think imaginatively. Work on their own, with a partner or in a small group to develop their own and others' ideas and help them to reflect on them.

KEY

- Outcome 4 – average year 1 child age 5-6
- Outcome 5 –average year 2 child age 6-7
- Applicable to years 1 and 2

Curriculum information: Wales



ACTIVITY	COMPONENTS	LEARNING OUTCOMES	CURRICULUM INFORMATION
<p>4: YOU can Defend Tooth City from Placulus!</p> <p>Page 13</p>	 <p>Placulus Attacks Page 14</p>	<ul style="list-style-type: none"> Recap and review ways to take care of our teeth, by limiting the frequency and amount of sweet foods and drinks Learn about the relationship between plaque, tooth decay and sugary foods and drinks 	<p>Language and Literacy</p> <ul style="list-style-type: none"> Listen to others, with growing attention, usually responding appropriately. Take part in activities with others and talk about what they are doing. Contribute to conversations and respond to others, taking turns when prompted. Use specific words which relate to the topic of their writing. Communicate purposefully in writing, e.g. may be supported by a drawing. Listen to others with concentration, understanding the main points and asking for clarification if needed. Share activities and information to complete a task. Contribute to discussion, keeping a focus on the topic and taking turns to speak. Use simple subject-related words appropriately. Write for different purposes.
<p>5: Practise your Powers: Brush Like a Tooth Defender</p> <p>Page 15</p>	  <p>Training for a Superhero Smile Page 16</p>	<ul style="list-style-type: none"> Practise effective brushing to get rid of plaque and help keep teeth and gums healthy Review other oral health strategies: <ul style="list-style-type: none"> limit the amount and frequency of sugary foods and drinks getting advice of a dental professional Build the habit of oral health care with the whole family by tracking brushing for 7 days 	<p>Mathematics and Numeracy</p> <ul style="list-style-type: none"> Use the concept of time in terms of their daily and weekly activities and the seasons of the year. Sort and classify objects using more than one criterion. Make lists and tables based on data. Collect information by voting or sorting and represent it in pictures, objects or drawings. Sort and classify objects using more than two criterion. Gather and record data from: – lists and tables – diagrams – block graphs – pictograms where the symbol represents one unit. Collected extract and interpret information from lists, tables, diagrams and graphs.
<p>6: Bright Smiles, Bright Futures: Today and Forever!</p> <p>Page 18</p>	   <p>Tooth Defender Certificate Page 21</p>	<ul style="list-style-type: none"> Summarise key oral health strategies 	<p>Literacy and Communication</p> <ul style="list-style-type: none"> Contribute to conversations and respond to others, taking turns when prompted. Take part in activities with others and talk about what they are doing. Share activities and information to complete a task. <p>Creative Development:</p> <ul style="list-style-type: none"> Sing a range of songs with others.

KEY

- Outcome 4 – average year 1 child age 5-6
- Outcome 5 – average year 2 child age 6-7
- Applicable to years 1 and 2



For further information and online content please visit
www.brightsmilesbrightfutures.co.uk

