
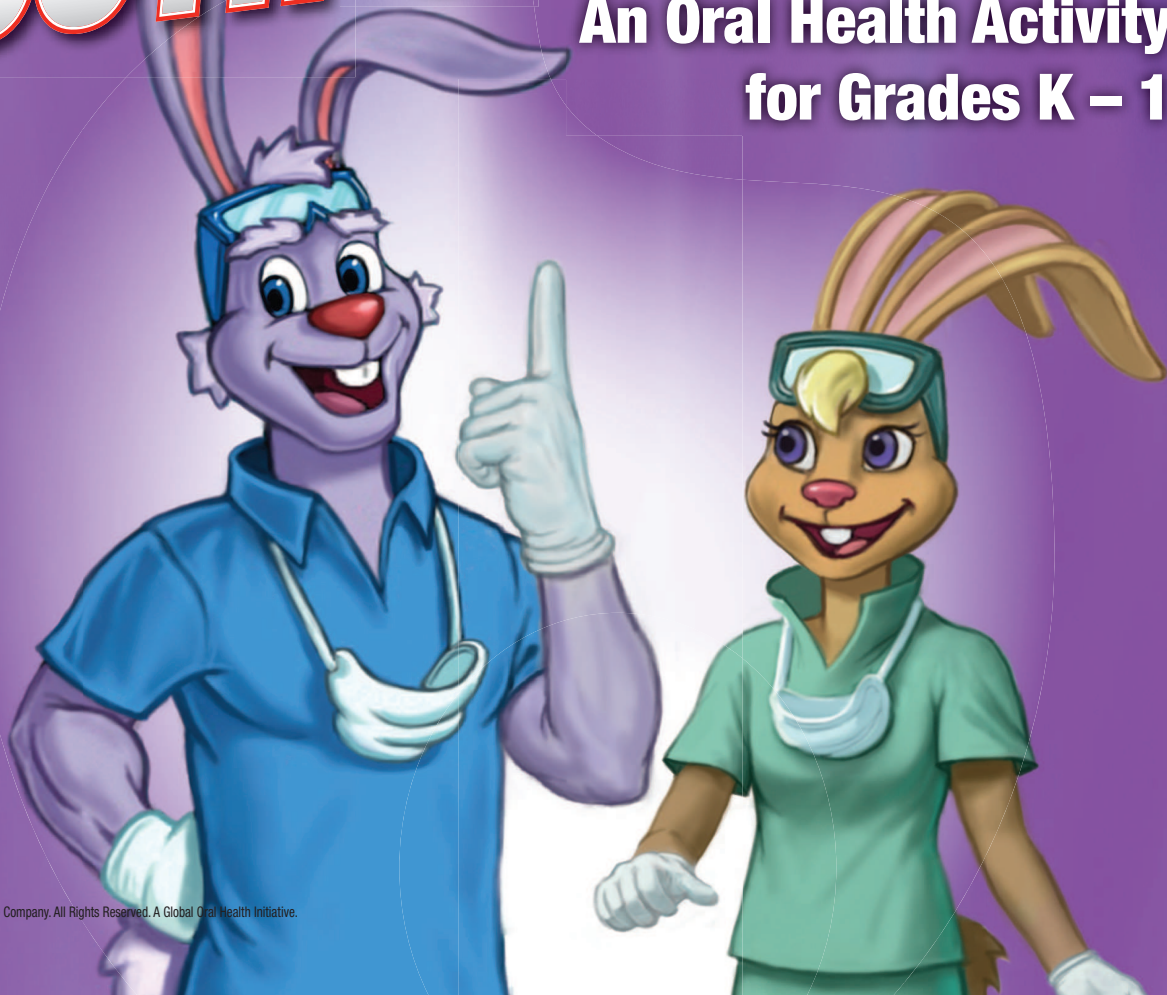


# Dr. Rabbit AND THE TOOTH DEFENDERS



The background of the title section features a group of superhero characters: Dr. Rabbit (a purple rabbit in a blue suit) and his team of Tooth Defenders, including a blonde girl, a boy with a flower on his head, and a dog, all in various poses.

An Oral Health Activity Guide  
for Grades K – 1





## Dear Teacher,

**Welcome to Colgate *Bright Smiles, Bright Futures*®!** You are now part of a **21-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 program 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 recognizes that fostering alliances between governments, health and educational organizations, professional associations, and oral care providers strengthens the impact of BSBF around the world. The program was developed with an International Advisory Board and tested with children and teachers in real classrooms. Together with educators like you, it's a true partnership in support of children's health!

### BSBF: 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 program builds self-esteem and teaches good oral health practices to create lifelong habits. And most importantly, BSBF inspires kids 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 applaud your commitment to helping your students' bright smiles last a lifetime.

### Marsha Butler, DDS

BSBF Global Oral Health Initiative  
Colgate-Palmolive Company



## Thank You to Our Advisors!

### Alice M. Horowitz, PhD

School of Public Health  
University of Maryland  
USA

### Colleen Winney

Education Program  
Consultant/Scientific Affairs  
Colgate-Palmolive Company  
Australia

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## Inside this Guide

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## About the Program

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

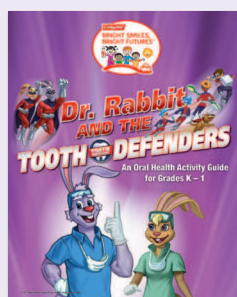
This engaging, activity-based program fits into your existing curriculum, so you don't need to add a new unit to your busy day. Its standards-based approach helps make it easy to cover core learning objectives, and it's also flexible, so you can adapt it to your own classroom needs. And best of all, your students 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.
- **Family 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 students to team up with **Dr. Rabbit and the Tooth Defenders** and become superheroes in protecting their *own* bright smiles!

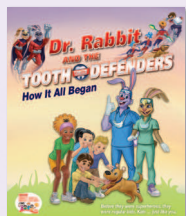
## Components At-a-Glance



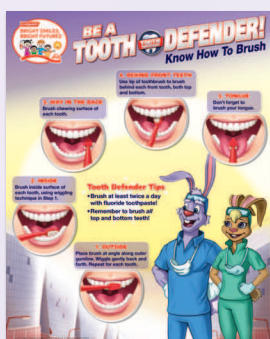
Teacher's Guide:  
**Dr. Rabbit and the  
Tooth Defenders**



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

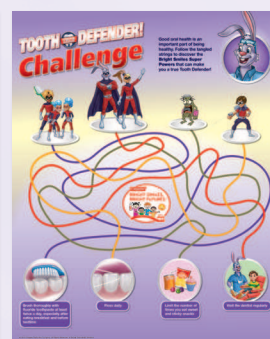


Storybook:  
**Tooth Defenders:  
How It All Began**



Two-sided Poster:

- **Be a Tooth Defender! How to Brush**
- **Tooth Defender Challenge: Discover Your Bright Smiles Super Powers**



Parent Packet:

- Family Booklet:  
**Your Child's Bright Smile**
- Oral Care Checklist for Families:  
**A Bright, Healthy Smile for Your Elementary School Child**
- Toothbrush and Toothpaste sample

## Bright Smiles Key Messages

- Brush with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime
- Floss daily
- Use fluoride rinse
- Limit the number of times you eat sweet and sticky snacks
- Visit the dentist regularly
- Oral health is an important part of overall health

## “Prepare the Lesson” Key:

- Supplies Needed
- ▶ Pre-lesson to-dos



## Activity Key:



Bright Smiles  
Alert



In the  
Classroom



Home  
Connection

# Standards Chart



Video



Storybook



Poster



Student Handout

ACTIVITY	COMPONENTS	TOOTH DEFENDERS' LEARNING GOALS	GRADE K-1 U.S. EDUCATION STANDARDS
<b>1: Tooth Defender Training Starts with a Smile</b>  Page 5	Bright Smile Tooth Box Page 6	<ul style="list-style-type: none"> <li>Recognize the importance of good oral health for kids ... and for everyone!</li> </ul>	<p><b>Language Arts</b></p> <ul style="list-style-type: none"> <li>Participate in collaborative conversations</li> <li>Identify the parts of a book</li> </ul> <p><b>Math</b></p> <ul style="list-style-type: none"> <li>Recognize simple figures and spatial relationships</li> </ul> <p><b>Visual Art</b></p> <ul style="list-style-type: none"> <li>Use materials for creative expression</li> </ul>
<b>2: Dr. Rabbit and the Tooth Defenders</b>  Page 7-8	  Postcard from Dr. Rabbit Page 9	<ul style="list-style-type: none"> <li>Share existing knowledge of oral health strategies</li> <li>Learn that dental professionals are our friends and mentors in oral health care</li> <li>Review everyday oral health vocabulary: <i>teeth, toothpaste, toothbrush, fluoride, floss, dentist, dental hygienist</i></li> </ul>	<p><b>Language Arts</b></p> <ul style="list-style-type: none"> <li>Use the illustrations and details in a text to describe its key ideas</li> <li>Actively engage in group reading activities with purpose and understanding</li> <li>Describe characters in a story</li> <li>Understand that pictures and symbols have meaning and printed words carry messages</li> </ul> <p><b>Visual Art</b></p> <ul style="list-style-type: none"> <li>Use visual art and drama to communicate</li> </ul>
<b>3: Spotlight on the Tooth Defenders</b>  Page 10	  Practice Your Powers Page 11	<ul style="list-style-type: none"> <li>Observe oral health strategies in action</li> <li>Review key oral health strategies to defend against plaque</li> </ul>	<p><b>Language Arts</b></p> <ul style="list-style-type: none"> <li>Recall information from provided sources to answer a question</li> <li>Contribute to group discussions by offering ideas and responding to questions</li> </ul> <p><b>Visual Art</b></p> <ul style="list-style-type: none"> <li>Use visual art and drama to communicate</li> </ul>
<b>4: YOU can Defend Tooth City from Placulus!</b>  Page 12	Placulus Attacks Page 13	<ul style="list-style-type: none"> <li>Review and summarize ways to take care of our teeth, especially by limiting the frequency of sweet and sticky snacks</li> <li>Learn about the relationship between plaque, tooth decay, and sugary foods</li> </ul>	<p><b>Language Arts</b></p> <ul style="list-style-type: none"> <li>Describe characters, settings, and major events in a story</li> <li>Contribute in positive ways to discussion by listening to others and taking turns speaking</li> <li>Draw pictures and/or use letters or phonetically spelled words to share information</li> </ul>
<b>5: Practice Your Powers: Brush Like A Tooth Defender</b>  Page 14-15	  Training for a Superhero Smile Page 16	<ul style="list-style-type: none"> <li>Practice proper brushing to get rid of plaque and help keep teeth healthy</li> <li>Review other oral health strategies – flossing, using fluoride rinse, following the advice of a dental professional, and limiting frequency of sugary snacks</li> <li>Build the habit of oral health care with the whole family by tracking brushing for 28 days</li> </ul>	<p><b>Math</b></p> <ul style="list-style-type: none"> <li>Record basic data using a simple chart or graph</li> <li>Count whole numbers</li> </ul> <p><b>Dramatic Arts</b></p> <ul style="list-style-type: none"> <li>Communicate through physical movement, gesture, sound, and facial expression</li> </ul>
<b>6: Bright Smiles, Bright Futures: Today and Forever!</b>  Page 17	  Tooth Defender Certificate Page 19	<ul style="list-style-type: none"> <li>Summarize key oral health strategies</li> </ul>	<p><b>Language Arts</b></p> <ul style="list-style-type: none"> <li>Speak audibly and express thoughts, feelings, and ideas clearly</li> <li>Recall information from experiences or gather information from provided sources to answer a question</li> </ul> <p><b>Dramatic Art</b></p> <ul style="list-style-type: none"> <li>Communicate through physical movement, gesture, sound and/or speech, and facial expression</li> </ul>



# Activity 1

## Tooth Defender Training Starts With a Smile



### Lesson at a Glance

Students 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:

- Recognize the importance of good oral health for kids ... and for everyone!

### Prepare the Lesson:

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

**Time Required:** 20 minutes x 2



### Bright Smiles Alert

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



### Ready for Action!

### Share a Smile

- When your students solve this comic riddle, it will bring a grin to their faces!  
*What do you get if you cross a porcupine with a giraffe?*  
(Answer: A long-necked toothbrush!)
- Describe something that makes YOU smile, and invite students to share their own smiling moments.

### Why We Need Our Teeth

- 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, chew, talk*).
- Showcase these ideas in a Bright Smiles class book!
  - Each student draws a picture showing one thing that our teeth help us to do. Take a sneak peek at the book by having students “read” their pages to each other.
  - Create a cover page with a title (e.g., *Why We Love Our Teeth*) and the names of the student “authors.”
  - Enjoy the book during story time, and help students make the oral health connection: *We use our teeth in so many ways; we should take good care of them!*



### Bright Smile Tooth Box

- Is it only important for adults take care of their teeth? Of course not!
- Ask students to name a big change that happens to kids’ teeth. (*Hint: Think of the tooth fairy.*)
- Help students 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 students showing their brightest smiles.



Invite students 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.

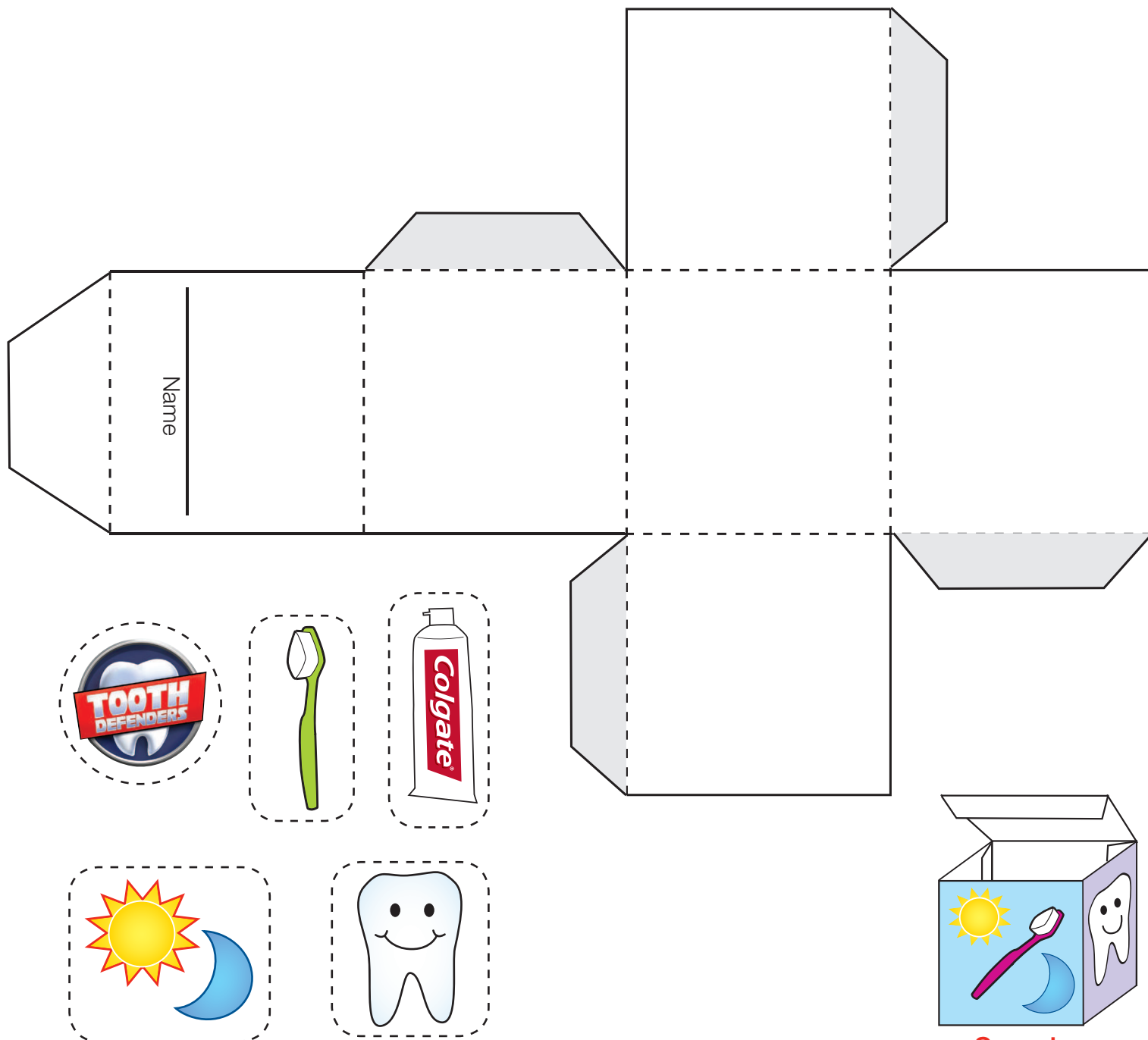


# Bright Smile Tooth Box

After taking care of your baby teeth, you will surely 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

Color/decorate the panels. Cut out emblems and glue them on!



Sample



# Activity 2

## Dr. Rabbit and the Tooth Defenders



### Lesson at a Glance

Students 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, floss, dentist, dental hygienist*

### Prepare the Lesson:

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

**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 normal school kids (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***. Students make predictions about the story by looking at the illustrations on each page.
- Read the storybook aloud. Students 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 students 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 students: Dr. Rabbit has a message for you to share with your families! Help students complete the handout, **Postcard from Dr. Rabbit**.
- First, review the items in the picture bank. Can students “read” them by looking at the images? *Dr. Rabbit, dentist, dental hygienist, teeth, toothbrush, fluoride toothpaste*. Show students how each printed word in the picture bank describes an oral health image.
- Next, review the printed words on the handout. Show students the spaces where the oral health picture squares will go.
- Have students use kid-friendly scissors to cut out the squares in the picture bank (each square contains a word and matching image).
- To see Dr. Rabbit’s message, have them find where each square goes in the postcard by placing it on top of the matching word.
- Glue each square to its place in the postcard to complete 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 students a first-hand Tooth Defender experience! Prepare for the visit by brainstorming a list of questions that students have, based on their own experiences in going to the dentist.



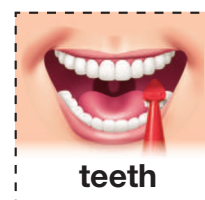
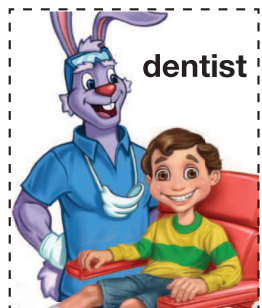
### Partners in Oral Health

Encourage students to bring Dr. Rabbit’s postcard home to “read” with their families! As a follow-up, get parents’ help to compile a list of local dental professionals to share with the school community.



## Postcard from Dr. Rabbit

Use this picture bank to finish the postcard, and bring it home to share with your family!





Hello, I am **Dr. Rabbit** .

I am a **dentist** . The **dental hygienist** and I

help keep your **teeth** healthy, clean  
and bright.

At home, you can use a **toothbrush**

with **fluoride toothpaste** to be a

**Tooth Defender!**

**See you soon!**  
**Dr. Rabbit**



**To:**

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# 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! Students 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*, TV screen or video projector
- Crayons or colored pencils, glue, wooden popsicle/craft sticks
- ▶ Make copies of the **Practice Your Powers** handout, one for each student

**Time Required:** 30 minutes x 2



### Bright Smiles Alert

Tooth Defenders use Bright Smiles Super Powers to fight plaque, which can lead to tooth decay!



## 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 floss (Miguel)*
- Encourage students 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 students 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 students 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 students to ask their own W-word questions!



### Practice Your Powers

- Ask students 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 colored pencils for students to color the puppets, then use kid-friendly scissors to cut them out. Students then glue each "power" to the correct superhero, and attach the superheroes to wooden sticks.
- Students will enjoy acting out scenes with a partner!



### Use the Powers At Home

Students 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?

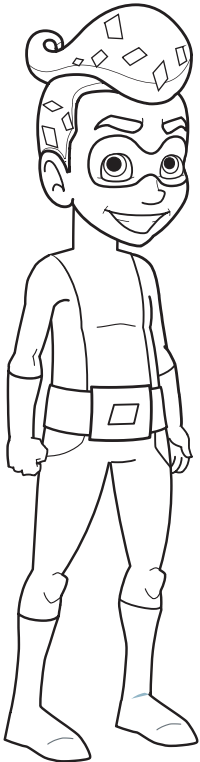




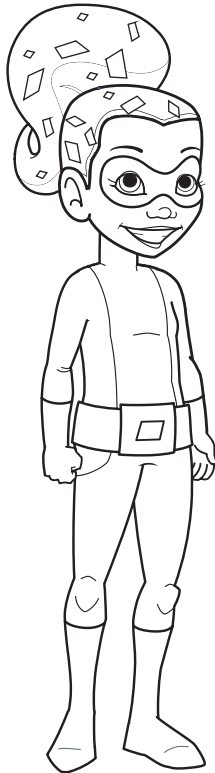
# Practice Your Powers

Color 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**

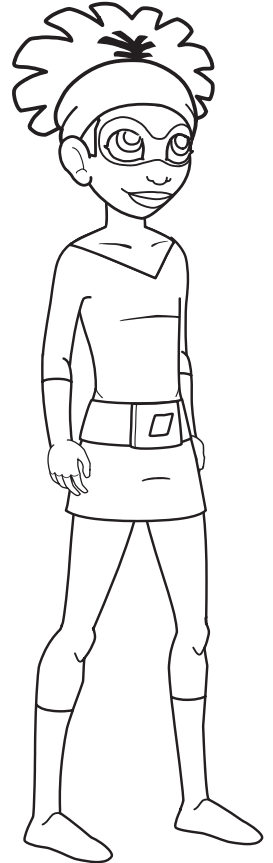


**Paige**  
**Toothpaste Kid**

**Toothpaste Duo**

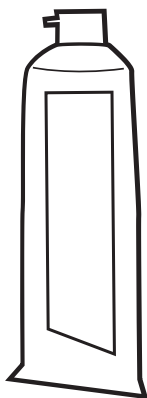


**Miguel**  
**Floss**

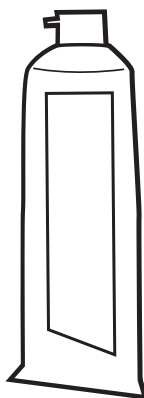


**Kali**  
**The Brush**

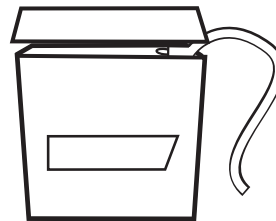
## Powers



**Fluoride**  
**Toothpaste**



**Fluoride**  
**Toothpaste**



**Floss**



**Toothbrush**



# Activity 4

## YOU can Defend Tooth City from Placulus!



### Lesson at a Glance

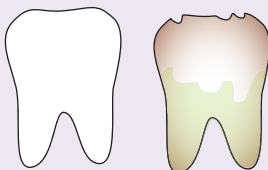
After getting to know all the Bright Smiles characters, students explore how *they* can be superheroes and fight off Placulus by limiting sugary snacks.

### Tooth Defenders' Learning Goals:

- Review and summarize ways to take care of our teeth, by limiting the frequency of sweet and sticky snacks
- Learn about the relationship between plaque, tooth decay, and sugary foods

### Prepare the Lesson:

- Magazines with images of food for students to cut out
- ▶ Make copies of the handout, **Placulus Attacks** — one for each student
- ▶ 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 it mixes with food (or any beverage other than water), plaque creates acid that can attack teeth. Plaque can lead to *cavities*, tiny holes in our 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?* (Sweet, sticky foods)

#### Placulus and the Rotten Tooth

- Have students 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 students share their ideas, show the image of the brown, decaying tooth and the clean, healthy-looking tooth.
- Invite students to draw small pictures of sweet, sticky snacks (candy, ice cream, cupcakes, soda) and healthy snacks (fruit, vegetables, cheese, yogurt), or use kid-friendly scissors to cut out pictures of these snacks from magazines. Beginning writers can label foods to practice spelling.
- Paste the images/words to the matching tooth and invite students to share their favorite healthy snacks.



#### Placulus Attacks

- Explain that Placulus also “attacks” our own mouths using yucky plaque.
- Ask students 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 snack or lunch.)*
- Have students brainstorm what they can do in real life to protect their teeth and smiles. *Limit the number of times they have a “sweets storm” (eat sweet and sticky snacks); use the Tooth Defender powers (toothbrush, fluoride toothpaste, floss); and visit Dr. Rabbit regularly.*
- Students will use their Tooth Defender know-how to find their way through the **Placulus Attacks** maze.



#### Healthy Snacks

Have students share their ideas for tooth-friendly snacks with their families!





## TRAINING 4

Find your way to a shining Tooth City by making choices like a Tooth Defender! You'll pass through healthy choices along the way.



**You did it!  
Welcome to  
Tooth City!**



# Activity 5

## Practice Your Powers: Brush Like a Tooth Defender!

### Lesson at a Glance

Students learn the best way to get rid of plaque and help keep teeth and gums healthy by practicing proper 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 proper brushing to get rid of plaque and help keep teeth healthy
- Review other oral health strategies — flossing, following the advice of a dental professional, and limiting frequency of sugary snacks
- Build the habit of oral health care with the whole family by tracking brushing for 28 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 student

**Time Required:** 30 minutes x 2

**Ready for  
Action!**

### Brush Like Kali

- Tell your students 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, top, bottom, tongue*.
- Set the kitchen timer to two minutes, and lead the class through an acted-out practice in proper brushing. 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 students 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 students 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 students to do a similar action.
- Continue with the game until students 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!





- 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 brushing, drink soda, forget your dental appointment, lick a lollipop, nibble on a cookie, 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 your tongue
- Brush the inner parts of your teeth
- Peel a banana for a healthy snack
- Squeeze a pea-sized drop of toothpaste on your brush
- Take a bite out of an apple
- Show your biggest smile
- Push away a sugary snack
- Pretend to be a dental professional cleaning someone’s teeth
- Be Miguel and shoot floss at Placulus



## Training for a Superhero Smile

After learning about all the training and strategies on the road to becoming a Tooth Defender, students 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 students 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 (after breakfast) and at night (before going to bed). If you have a white board, invite students to practice filling in the chart.
- Tell students to leave the space at the bottom of the page blank until the end of the month. This is where they will write the total number of days that they brushed their teeth both in the morning and at night!
- At the end of the month, ask students to bring in their charts. Work together to make a tally table showing the number of students 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 many family members brushed along and for how many days.



## 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 by marking the chart with a different color!





# Training for a Superhero Smile

**Child:** Brush teeth twice a day, after breakfast ☀ and before bedtime 🌙.

**My name is:** \_\_\_\_\_

**Note to families:** Brush with your child! Choose a different color crayon for each family member, and write names below.



Family member: \_\_\_\_\_



Family member: \_\_\_\_\_



Family member: \_\_\_\_\_



Family member: \_\_\_\_\_

**I brushed**

DAY 1 	DAY 2 	DAY 3 	DAY 4 	DAY 5 	DAY 6 	DAY 7 
DAY 14 	DAY 13 	DAY 12 	DAY 11 	DAY 10 	DAY 9 	DAY 8 
DAY 15 	DAY 16 	DAY 17 	DAY 18 	DAY 19 	DAY 20 	DAY 21 
DAY 28 	DAY 27 	DAY 26 	DAY 25 	DAY 24 	DAY 23 	DAY 22 

**Tally:** I brushed morning and night on \_\_\_\_\_ days.

My family brushed with me on \_\_\_\_\_ days.

# Activity 6

## Bright Smiles, Bright Futures: Today and Forever!



### Lesson at a Glance:

In this final lesson, students use song to review oral health strategies, and create a class pledge to be Tooth Defenders forever.

### Tooth Defenders' Learning Goals:

- Summarize key oral health strategies

### Prepare the Lesson:

- Large piece of paper or whiteboard for writing a class pledge
- Poster, Side 2: **Tooth Defender Challenge**
- ▶ Be ready to play the **Tooth Defender Anthem** song portion of the video on a DVD/CD player or computer.
- ▶ Make a copy of the **Bright Smiles Tooth Defender Certificate** handout, one for each student. 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!



## Ready for Action!

### Smiling Moments

- Invite students to share their favorite part of learning to become a Tooth Defender.
- Show the **Tooth Defender Challenge** poster. Each character's "string" leads to one of the Bright Smile strategies. Students can trace the different colored strings to each message using their fingers. Review the messages at the bottom of the poster, and remind students how much they've learned!

### Create a Tooth Defender Class Pledge

- It is time for your students to become official Tooth Defenders!
- On the large piece of paper or whiteboard, write "As Tooth Defenders, we promise to always ..."
- Tell your students it is up to them to finish the pledge by naming different "powers" that they have learned about to protect their teeth. As students list the Bright Smiles oral health strategies, write them on the pledge.
  - *Brush twice a day with fluoride toothpaste*
  - *Floss every day (with help from an adult)*
  - *Stay away from sweet and sticky snacks*
  - *Visit the dentist regularly*
- When the pledge is complete, students 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 students 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 18.)
- If not having a family Oral Health Celebration (see Home Connection, below), distribute the **Bright Smiles Tooth Defender Certificates** for students 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 oral health. Play the video for the guests. During the anthem scene, have students perform it using the motions they practiced, or sing/dance along. Hand out copies of lyrics so guests can sing along, too! Afterward, encourage students 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 Anthem

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 – to keep 'em that way I floss 'em  
Teeth – gonna floss 'em every 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 sticky snacks  
If you wanna stay away from the plaque 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 every day  
They're shiny and they're bright and I'd like 'em to stay!

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# Tooth Defender Certificate

This is to certify that

\_\_\_\_\_  
(Name of Tooth Defender)

has joined the ranks of Tooth Defender Superheroes.

## Tooth Defenders' Pledge:

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!

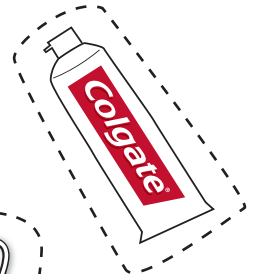
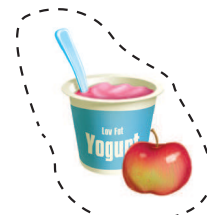
\_\_\_\_\_  
Date

\_\_\_\_\_  
Superhero Trainer/Teacher

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[www.colgatebsbf.com](http://www.colgatebsbf.com)

**Directions:** Cut carefully along the dotted lines. Decorate your certificate using pictures of the Tooth Defender supplies and strategies that your class has mastered!



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# Fostering Family Involvement

YOU are in an ideal position to foster at-home involvement. As you take your students on the journey toward becoming Tooth Defenders, use the Colgate *Bright Smiles, Bright Futures* integrated program to help families extend the lessons you're covering in class.

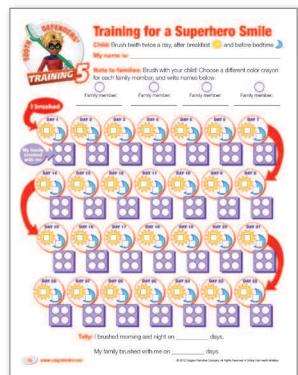
Parents play a key role in their child's oral health — and they can reinforce your in-class efforts every day at home. By engaging their child in sharing what they're learning at school, families can work together to make Bright Smiles an ongoing call to action!



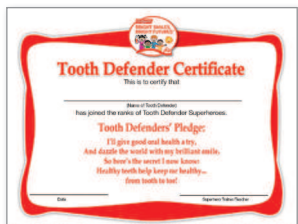
**Home Connections** tips are sprinkled throughout this guide. They offer easy ideas for sending oral health messages home and promoting family engagement.



The **Family Take-home Kit** gives parents the info they need to easily integrate oral health strategies into their daily family routines. Distribute the take-home packet as a program kickoff, at an in-class event, or to wrap up the unit and keep the messages ongoing at home. The kit includes an overall oral health booklet along with a “checklist” to promote oral health literacy. Families will appreciate the toothbrush, toothpaste sample and coupon, too!



The **28-Day Toothbrushing Chart** (see page 16) is a great at-home reminder that defending teeth is something to be done every day. Families can track *their* brushing, too! After four weeks, children will have their toothbrushing habit well established, but you can offer additional copies to those who wish to continue tracking long-term. Remind parents that if a child has a dental checkup scheduled during the 4-week period, he/she can take the chart along to the dental appointment. Perhaps the dental professional can even autograph it!



The **Tooth Defenders' Pledge/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 deliver them at Family Night or parent/teacher conferences. Encourage parents to post 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 educators, 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 caregivers that by *modeling proper 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/colgate](http://www.facebook.com/colgate)



Families can follow Colgate on Twitter, too!

[www.twitter.com/ColgateSmile](http://www.twitter.com/ColgateSmile)