



Meet
Dr. Rabbit and the
TOOTH DEFENDERS

Oral Health Activities for K-1



Dear Teacher,

For nearly 30 years, the Colgate-Palmolive **Bright Smiles, Bright Futures®** (BSBF) program has been providing children, teachers, and families the tools they need to make good oral health a permanent part of their lives.

BSBF teaches children not only how to care for their teeth and gums, but why good oral health is important. Helping children develop healthy long-term dental care habits empowers them to become lifelong Tooth Defenders.

Because of educators like you, BSBF has reached over 1 billion children, spanning 80 countries and in 30 languages.

Thank you for being a part of
Bright Smiles, Bright Futures®!

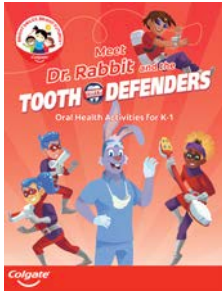
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Colgate-Palmolive Company



Thank You to Our Advisor

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School of Public Health
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Inside the BSBF Kit



Meet Dr. Rabbit and the Tooth Defenders: Oral Health Activities for K-1



Chompers: Loose in Tooth City storybook



Be a Tooth Defender! How to Brush poster



Take-home family packets for students



Meet the Tooth Defenders DVD (also available at https://youtu.be/mxvDny_OwEO)

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Activity Key



Time required for activity



Key oral health message



Ways to expand activities



Options to extend learning at [ColgateBSBF.com](https://www.colgate.com/BSBF.com)

Dental Van



Interested in free dental screenings for your students? Visit www.colgate.com/BSBFVanVisit to learn more about Colgate's BSBF dental van and request a visit for your school!

Meet the **TOOTH DEFENDERS**

These oral health superheroes introduce key messages to your students, and keep learning fun and futures bright



Laura

Dental Hygienist

Cleans and polishes teeth and teaches good oral hygiene



Dr. Rabbit and Dr. Brushwell

Dentists

Make teeth strong and smiles bright



Miguel

a.k.a Floss

Removes plaque that hides between teeth



Kallie

a.k.a the Brush

Brushes for two minutes twice a day with fluoride toothpaste so that teeth can sparkle



Chompers

the Mascot

Helps the Tooth Defenders sniff out adventure



Paige and Finn

a.k.a the Toothpaste Duo

Protect teeth with their combined powers of fluoride toothpaste

Activity 1: Dr. Rabbit Says



5-10 minutes



Brush with fluoride toothpaste for two minutes, two times a day

Teach your students bright smiles basics with this fun spin on the classic game of Simon Says.

- Explain that brushing teeth with fluoride toothpaste at least twice a day helps to keep smiles healthy, bright, and cavity free
- Explain that Dr. Rabbit is a dentist, which is a special kind of doctor who helps keep teeth and mouths healthy
- Tell students to mime phrases that begin with “Dr. Rabbit Says.” If they mime phrases that don’t begin with “Dr. Rabbit Says,” they’re out
- Lead students through good oral health habits using the following phrases:

Dr. Rabbit Says...

...use your toothbrush to brush your teeth
...brush the insides and outsides of your teeth
...brush your top and bottom teeth
...brush your tongue

Students mime:

Brushing teeth
Brushing insides & outsides of teeth
Brushing top and bottom teeth
Brushing tongue

Use your toothbrush to brush your ear

Students who move are out

Dr. Rabbit Says...

...put fluoride toothpaste on your toothbrush
...brush with fluoride toothpaste after breakfast

Students mime:

Squeezing toothpaste out of tube
Eating breakfast then brushing teeth

Brush your teeth with frosting

Students who move are out

Dr. Rabbit Says...

...brush your teeth before bed

Students mime:

Brushing teeth then going to bed

Brush your teeth after bed

Students who move are out



Use the *Be a Tooth Defender! How to Brush* poster to teach students how to brush their teeth.



For extra practice, let students try out toothbrushing techniques on the poster using clean, dry paintbrushes, pencil erasers, or their fingers.



Find more printable classroom posters at ColgateBSBF.com.

Activity 2: Reach for Bright Futures



5-10 minutes



Limit sweet and sticky snacks

Get your students out of their seats and building bright smiles with this movement activity.

- Use the Meet the Tooth Defenders Key on page 4 to introduce the Tooth Defenders and their oral health superpowers
- Ask students to pretend to be Tooth Defenders and stand at least one arm's length away from each other
- Show students how to push their arms through the air to push away sugary, sticky foods that can damage teeth
- Show them how to reach for healthy foods by stretching their arms over their heads
- Tell students to push or reach as you call out the names of foods

Food		Push or Reach
Grapes	→	Reach
Soda	→	Push
Cheese	→	Reach
Yogurt	→	Reach
Gumdrops	→	Push
Milk	→	Reach
Cookies	→	Push
Orange	→	Reach
Chips	→	Push
Pretzels	→	Push
Carrots	→	Reach
Cake	→	Push
Cherries	→	Reach
Gummy bears	→	Push
Apple	→	Reach



Watch *Meet the Tooth Defenders* (youtu.be/mxvDny_OwEO) with your class. Review what plaque is and how it can cause cavities.



Build students' understanding of healthy foods by letting them cut out pictures from magazines to turn into a poster collage of healthy foods vs. sweet and sticky foods. Or, brainstorm a word wall of healthy snacks.



Find more oral health classroom videos at **ColgateBSBF.com**.

Activity 3:

Why Visit the Dental Office? Riddles



5-10 minutes



Visit the dentist regularly

What happens during dental checkups, and why are they important? Teach your students the answers with these dental visit riddles.

- Tell your students that everyone should get a dental checkup twice a year
- Explain that getting dental checkups twice a year helps prevent cavities and keeps smiles bright
- Explain what happens during a dental visit by asking the following riddles:

What kind of doctor keeps your mouth healthy?

Hint: Dr. Rabbit and Dr. Brushwell are this kind of doctor.

Answer: A dentist. During your dental checkup, a dentist like Dr. Rabbit or Dr. Brushwell will check to make sure that your teeth are staying healthy.

What does your dental hygienist clean and polish during your dental visit?

Hint: They're on your head, but they're not your eyes or your ears.

Answer: Your teeth. Your dental hygienist cleans and polishes your teeth, applies fluoride treatments, and teaches you how to take care of your teeth at home.

What do you sit on at the dentist's office?

Hint: It moves up and down.

Answer: A dental chair. This kind of chair also leans way back to help your dentist and dental hygienist see your teeth and the inside of your mouth better.

What else do your dentist and dental hygienist use to see your teeth better?

Hint: One thing helps you see at night, and one thing helps you see yourself.

Answer: A lamp and a mirror. Your dentist or dental hygienist may use these and other dental tools to see and clean your teeth.

Which doctor always makes you smile?

Hint: His job is to make your smile healthy and bright.

Answer: Dr. Rabbit, of course!



Read aloud the storybook, *Chompers: Loose in Tooth City*. Ask your class why the Tooth Defenders visit Dr. Rabbit.



Get your students even more excited about oral health by inviting a dental health professional to your classroom. Or, request a visit from a Colgate BSBF mobile dental van at www.Colgate.com/BSBFVanVisit.



Watch the *Visit the Dentist* classroom video at **ColgateBSBF.com**.

Activity 4: Count On Bright Smiles



5-10 minutes



Floss once a day to remove plaque

Baby teeth count, so use this activity to teach your students how flossing every day helps keep them healthy and bright.

- Share copies of the *Connect the Floss* Handout on page 11
- Let students connect the dots
- Ask students to count the teeth on the picture
- Ask them to count the spaces between the teeth
- Tell students that floss cleans the spaces between teeth where toothbrushes can't reach



A grownup should help your students floss once a day. Give a take-home family packet to each of your students to help their caregivers get started.



Add movement to this activity by teaching students how to floss on an empty, upside-down egg carton. Or, ask students to line up one arm's length away from each other. Have them hold hands and raise their arms over their heads. Then, one at a time, let them play floss by walking between each set of students.



Find more printable games and activities at **ColgateBSBF.com**.



Activity 5: The Tooth Defender Pledge



5-10 minutes



- Brush with fluoride toothpaste for two minutes, two times a day
- Limit sweet and sticky snacks
- Visit the dentist regularly
- Floss once a day to remove plaque

Reward your students' oral health superpowers with their very own Tooth Defender Certificates.

- Share copies of the *Tooth Defender Certificate* Handout on page 12
- As you introduce each key message, ask students to find the matching picture on the handout
- Ask students to choose their own Tooth Defender superpower, for example: The Brush
- Let students make an oral health pledge based on their new superpower, for example: "I pledge to brush my teeth every day before bed"
- Then ask students to circle or color in the picture on the handout that matches their pledge
- Help students take the Tooth Defenders' Pledge and write their names on their certificates



Read aloud the storybook, *Chompers: Loose in Tooth City*. Review the key messages that appear on pages 5, 7, 10 and 11 of the storybook.



Make learning last all year by building a bulletin board of completed certificates. Or, create your own class pledge to practice anytime your students need a reminder about good oral care.



Find more printable games and activities at **ColgateBSBF.com**.



An Oral Care *Eggs*-periment



1 day for prep
20 minutes
for activity

Learning Goals:

Understand the relationship between plaque, tooth decay, and sugary foods
Review good oral health habits

Language Arts Learning Standards

- Use words and phrases learned through conversations, reading and being read to, and responding to texts
- Contribute to group discussions by offering ideas and responding to questions

Supplies

- 2 hard-boiled eggs
- 2 plastic cups
- 1 cup dark soda
- 1 cup water

Prep

Soak one egg in soda and one egg in water overnight

Directions

- Introduce key vocabulary to students: *tooth*, *toothbrush*, *plaque*, and *cavity*
- Remove the eggs from the liquids, then ask students to compare them
- Explain that soda affects eggs the same way sugary foods affect the white parts (enamel) of our teeth
- Use a toothbrush to scrub the surface of the egg, then explain to students that this is how toothbrushes clean our teeth

Discussion

When we eat or drink, plaque bacteria on our teeth mixes with food and drinks and creates acid that can attack our teeth. If plaque stays on teeth, it can cause cavities: tiny holes in teeth.

Ask students to share what they can do to protect their bright smiles, like:

- Limit sweet and sticky snacks
- Use their Tooth Defender superpowers: toothbrush, fluoride toothpaste, floss
- Visit Dr. Rabbit regularly

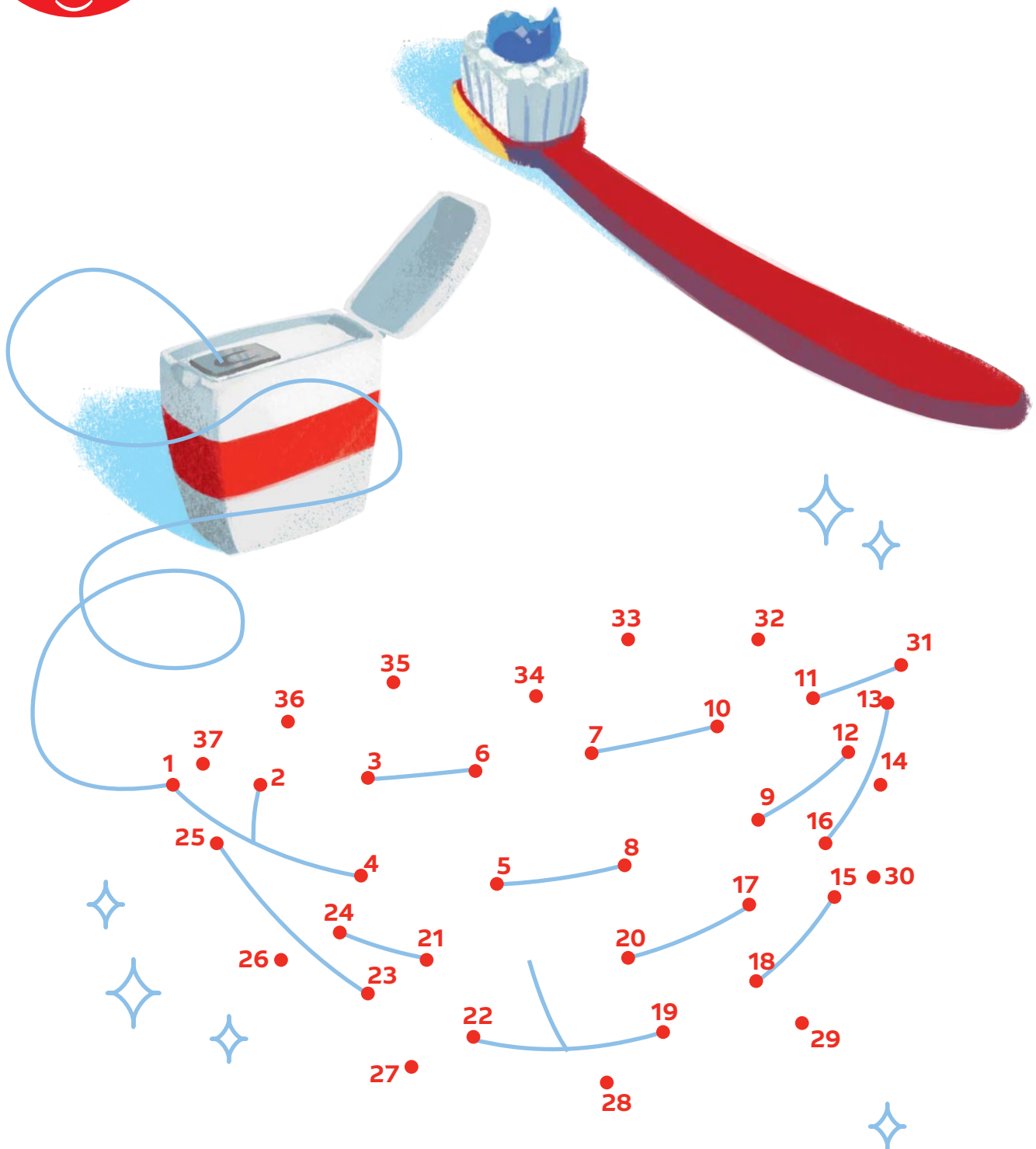
How do you teach oral care?

Send your toothiest ideas and in-class activities to BSBF@carrotnewyork.com for a chance to be featured in next year's Activity Guide.





Connect the Floss





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

