MISSION #3
Bright Smiles Supply Kit
Make your own Bright Smiles Supply Kit, equipped with superhero powers!

1. Fold a blank piece of paper in half – this will be your Bright Smiles Supply Kit.
2. On the outside, label and decorate your kit.
3. Cut out the Tooth Defender Super Powers from this sheet.
4. Color the powers and paste them into your supply kit.
5. Cut out the “How to Use the Powers”. Match them to the correct tool to explain how to use your Super Powers!
6. Take your kit home to share with your family!

Bright Smiles Super Powers
Cut out each “power” and glue it into your Bright Smiles Supply Kit.

Fluoride Toothpaste
Use a pea-sized amount each time you brush.

Toothbrush
Brush thoroughly at least twice a day.

Floss
Use this to remove plaque between teeth.

Dental Checkups
Visit the dentist regularly.

Fluoride Rinse
Rinse after

Limit Snacks
Limit the number of times you eat snacks each day, and choose nutritious snacks. They are more tooth-friendly and good for your overall health, too!

How to Use the Powers
Cut out each “power” instruction and glue it into your Bright Smiles Supply Kit.