

# grin!

for **KIDS**



# grin!<sup>®</sup>

for KIDS

- 
- 4 history of oral health:**  
presidential teeth
  - 5 mouth-friendly recipe:**  
butterfly snacks
  - 6 day in the life of a tooth**
  - 8 tooth fairy mad libs**
  - 9 tooth tracker**
  - 10 meet your dentist's tools!**
  - 12 guard your teeth**
  - 13 the smile code**
  - 14 be a tooth rock star**
  - 16 fun + games to make you smile!**
  - 18 awesome animal tongues**
  - 20 smile superheroes**
  - 21 science by the mouthful:**  
hole in one
  - 22 craft corner:**  
choose your own tooth adventure



*It can be hard to sneak a peek at the Tooth Fairy, but **look closely on each page and you'll find her hiding in 10 places.** After you search, check the answer key below to make sure you found all her secret hideouts.*

# two-word answers

How long does it take food to go from the mouth to the stomach?

Seven seconds.



# CHUCKLE corner

Why did the king go to the dentist?

TO GET HIS TOOTH CROWNED!

What do you call a bear with no teeth?

A GUMMY BEAR.

Why are vampires like false teeth?

THEY COME OUT AT NIGHT.

What has teeth but cannot eat?

A COMB!

history of oral health:

# PRESIDENTIAL TEETH



*Even presidents of the United States need to take good care of their teeth!  
Check out these fun facts about presidential smiles.*



**1788**

You may have heard that **President George Washington** had wooden teeth. Though he did have false teeth made of gold and even hippopotamus tusks, he didn't have any made of wood.



**1824**

Third **President Thomas Jefferson** had great teeth! By the age of 81, he had lost just one tooth. That was pretty rare nearly 200 years ago!



**1890s**

**President Franklin Delano Roosevelt** wore braces on his teeth when he was a kid.



**1970s**

**Jimmy Carter**, our 39th president, was a big fan of flossing.

**1930s**

A dental office was set up in the White House so presidents and their families wouldn't have to travel far for care. It's still there today!



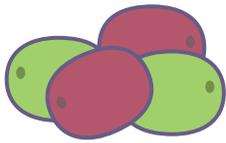
mouth-friendly recipe:

# Butterfly SNACKS

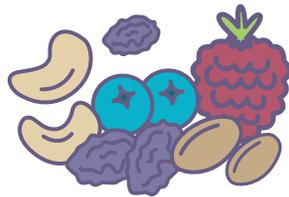


*This creative snack will make you and your smile happy! It's fun to make and it's also fun to eat. You can put it in your lunchbox or have it for an after-school snack with friends.*

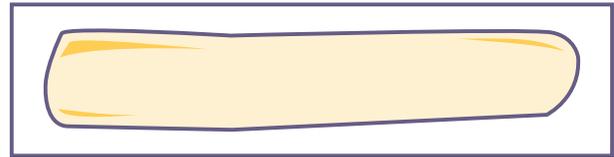
## INGREDIENTS:



Seedless grapes



Nuts, raisins or berries



Individually wrapped string cheese

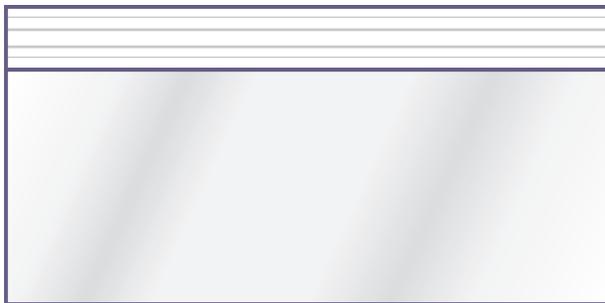
## CRAFT SUPPLIES:



Fuzzy pipe cleaners, cut in half



Googly eyes



Snack-size zip top bags



Wooden clothespins

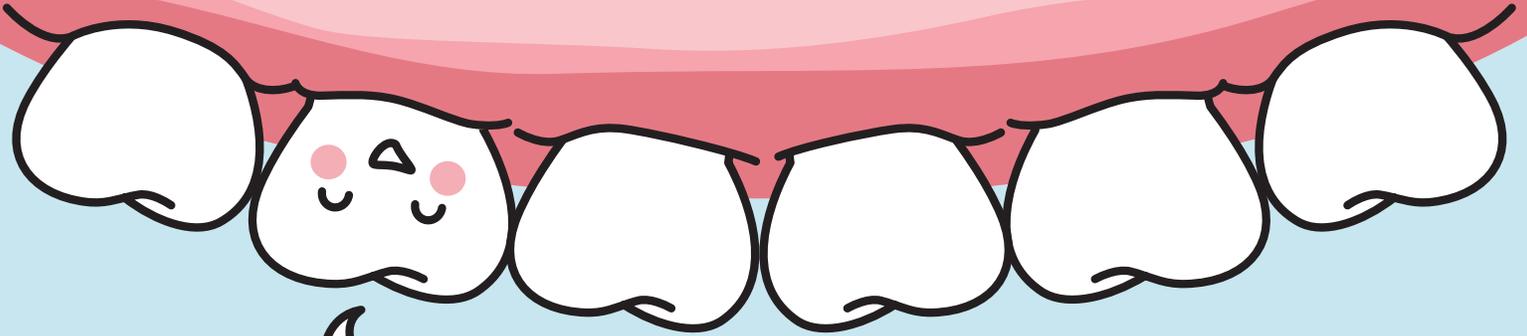


Glue

1. Glue the googly eyes to the clip part of the clothespin. Let it dry while you make the rest of your snack.
2. Fill half of the bag with grapes and half of the bag with raisins, nuts or berries. Keep the two halves separate with your fingers.
3. Clip the clothespin in the middle of the bag.
4. Fold the pipe cleaner in half and pinch it with the clothespin to make antennae.
5. Put a line of glue down the rounded side of the string cheese and attach it to the side of the clothespin without the googly eyes.
6. Let it dry.

# Enjoy!

# DAY IN THE LIFE OF A TOOTH



*Hi! I'm Charlie Canine, and I'm a tooth. I spend my days hanging out in the mouth of a 10-year-old kid named Cooper. Between all of the eating, talking, smiling and brushing Cooper does, my days are pretty packed. Want to see what my day looks like? Check it out!*

7:00 A.M. My day starts when Cooper wakes up and yawns. Ugh, that's some pretty bad morning breath, buddy!

7:10 A.M. I help Cooper eat scrambled eggs for breakfast, but sometimes he eats wheat toast and fruit. Whatever it is, he always washes it down with a glass of milk. That's awesome, because milk has lots of calcium, which makes me stronger and healthier.

7:30 A.M. Cooper brushes me and all of his teeth after he eats, which is pretty smart - it means all of the food pieces from breakfast get washed away instead of sticking around all day.



10:00 A.M. While Cooper's busy at school, I chat with my pal, Molly Molar. She's been feeling a bit wiggly lately and can't wait to meet the Tooth Fairy! I hear the Tooth Fairy is a big fan of healthy teeth, so she and Molly are going to get along really well.

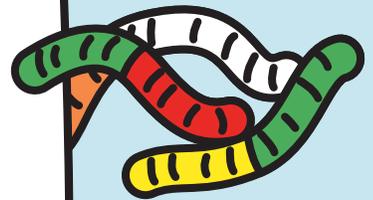
*I'm feeling wiggly today!*



12:00 P.M. Lunchtime! Cooper's mom packed baby carrots to go with his sandwich. They are so good and crunchy. And I also got to enjoy some more milk. I just love milk.



12:15 P.M. Cooper's friend Max gives him some gummy worms for dessert. Now little bits of sticky candy are going to be stuck to us until Cooper brushes his teeth again. Gross! And, if that sugary stuff hangs out too long on me, it can cause cavities. Not good.



3:30 P.M. School's out and we're headed to soccer practice! Cooper fills a bottle with tap water so he won't get thirsty. Before we hit the field, Cooper grabs his mouthguard, so I know we will be protected. Whew!

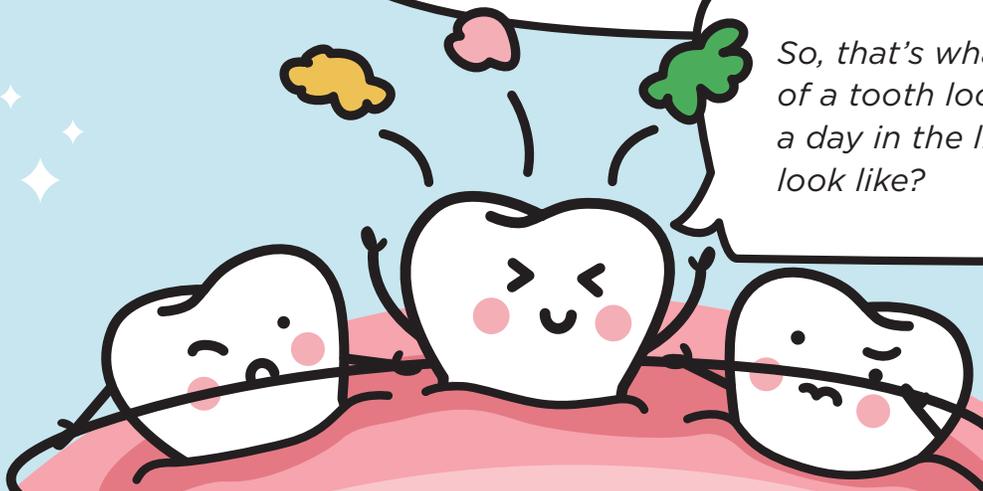


6:30 P.M. Yum, dinnertime. Cooper's dad makes chicken and green beans for protein and fiber. Cooper has a scoop of cottage cheese for calcium, too. Lots of healthy stuff that's good for me - and a glass of tap water that is so refreshing.



8:00 P.M. Ahhh. After two minutes of brushing and a good flossing, my friends and I feel nice and clean. It's my favorite part of the whole day! Now we'll head to bed to get ready to do it again tomorrow.

*So, that's what a day in the life of a tooth looks like! What does a day in the life of your teeth look like?*



# TOOTH FAIRY mad libs

The Tooth Fairy reads lots of letters from kids, but yours will make her laugh! Just fill in the blanks below to create a hilarious note. Use a pencil so you can play more than once, or have an adult make copies before you start.

## letter to the tooth fairy

Dear Tooth Fairy,

I lost my tooth yesterday at \_\_\_\_\_ ! It was loose for

PLACE

\_\_\_\_\_ days, and then it just came out! My parents told me

NUMBER

that if I leave it under my \_\_\_\_\_, you will take it and leave me

NOUN

\_\_\_\_\_ dollars. I'm very \_\_\_\_\_!

NUMBER

ADJECTIVE

I've always wondered what you do with all of the teeth though. Do you make your

\_\_\_\_\_ out of them? Do you \_\_\_\_\_ with them?

NOUN

VERB

Maybe you give them to \_\_\_\_\_.

NOUN OR PERSON

I promise to take good care of my new tooth by \_\_\_\_\_ twice a

VERB ENDING IN "ING"

day and flossing \_\_\_\_\_ times a day. Have a safe flight home!

NUMBER

Love,

\_\_\_\_\_

YOUR NAME







# TOOTH TRACKER

Keep track of the teeth you lose by coloring each one you've lost! You can also write down when and where you lost your tooth. Store the Tooth Tracker somewhere safe so you can color the next tooth you lose.



- Central Incisor
- Lateral Incisor
- Canine (Cuspid)
- First Molar
- Second Molar

## DATE OF TOOTH LOST

top teeth		bottom teeth	
1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20

# MEET YOUR DENTIST'S TOOLS!

*Just like a woodworker or an engineer, your dentist uses certain tools to make sure your teeth stay clean and healthy. Read about some of the tools you might meet at a visit to the dentist's office, and then color them in!*



## MS. MIRROR

It can be pretty dark inside of your mouth – after all, there are no windows! Dentists and hygienists often use a little mirror on the end of a small stick to reflect light to see inside of your mouth. Can you find Ms. Mirror and color her orange?



## MR. THIRSTY

Your dentist might squirt a little bit of water in your mouth to rinse away toothpaste. Mr. Thirsty is a tool that helps suck the water out so you don't swallow it. Mr. Thirsty can also help get rid of extra saliva, which can pool up if you've had your mouth open for a while. Find Mr. Thirsty and color him blue.



## MR. EXPLORER

Mr. Explorer is a tool with a curved end. Your dentist uses him to explore inside your mouth, like counting your teeth or checking between them. Look for Mr. Explorer and color him green.



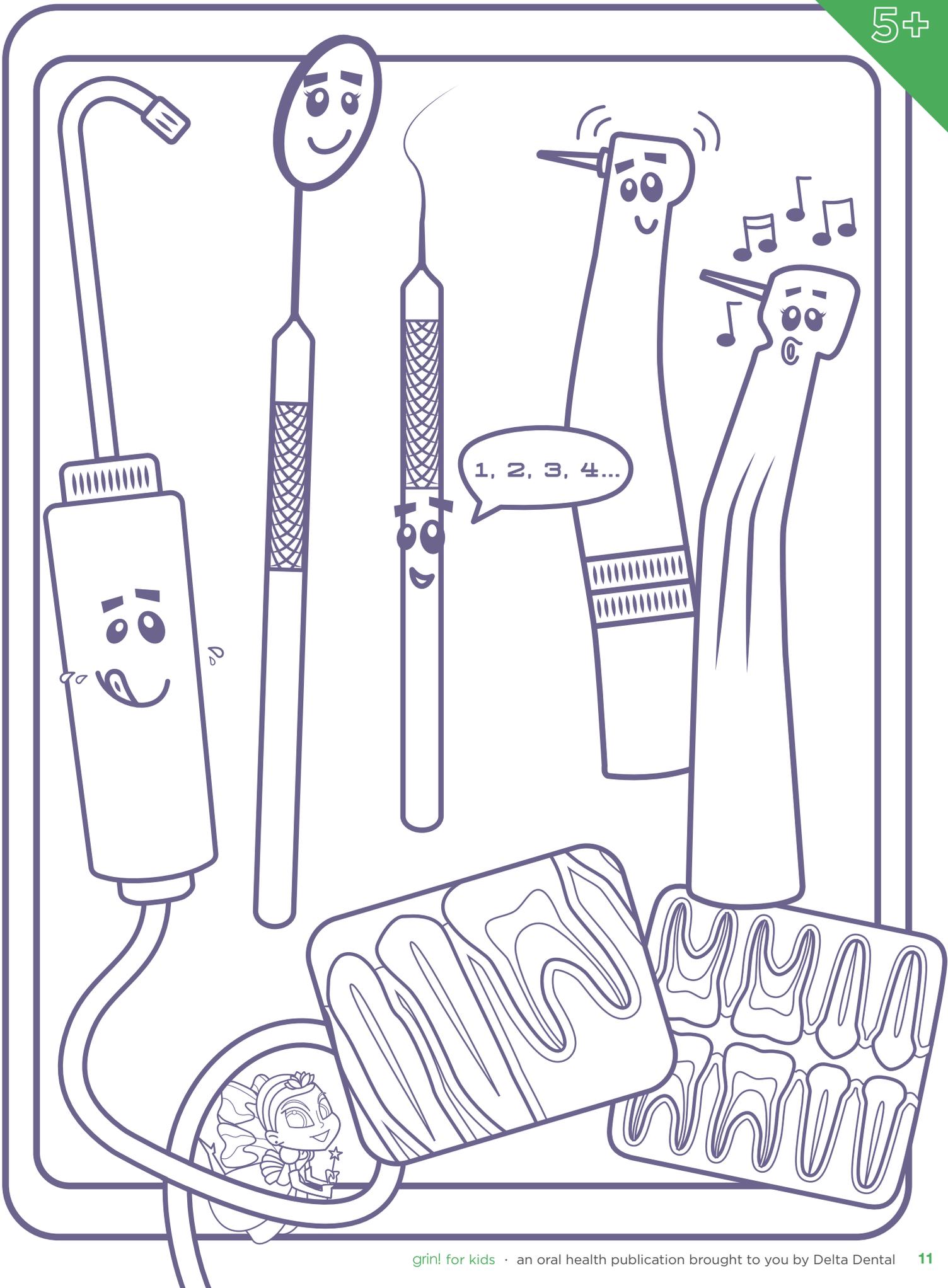
## X-RAYS

X-rays are special pictures your dentist takes of your teeth. These pictures help your dentist see your teeth better – even above and below your gums! A heavy apron protects you while the dentist takes pictures. Find the X-rays on the next page and color them purple.



## MR. BUMPY AND MRS. WHISTLE

If you have a cavity, your dentist will use Mr. Bumpy and Mrs. Whistle to get rid of the decayed part of the tooth to make it healthy again. You'll get some jelly rubbed on your gums so you won't feel Mr. Bumpy or Mrs. Whistle, but you will probably hear them! One of them likes to whistle, and the other makes a bumpy noise. Color Mr. Bumpy yellow and Mrs. Whistle red.





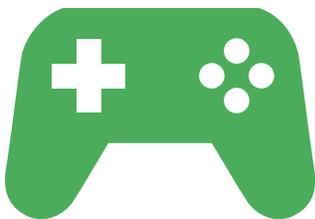
# GUARD YOUR TEETH

*Your bathroom isn't the only place where you take care of your teeth! You should also protect them at the gym, on the soccer field, on the basketball court and more.*

Do you play sports? You might need a mouthguard to protect your teeth. Mouthguards are little plastic pieces that fit in your mouth and around your teeth. They help prevent your teeth from getting chipped or falling out if you fall down or get hit by a ball or another player. And it's not just your teeth - mouthguards also protect your lips and cheeks from getting cut or injured.

If you participate in baseball, soccer, football, basketball, volleyball, martial arts, gymnastics, skateboarding or anything else that could injure your mouth, you should wear a mouthguard.

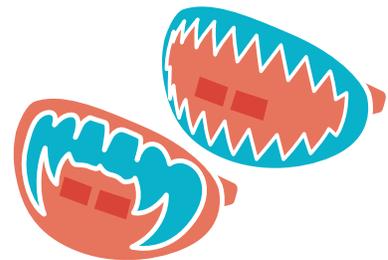
## FAMOUS ATHLETES KNOW IT'S IMPORTANT TO PROTECT THEIR TEETH!



**STEPHEN CURRY** of the Golden State Warriors uses his mouthguard so much that it was featured in an NBA video game.



**LEBRON JAMES** once wore a mouthguard with "XVI" written on it. That means "16" - the number of games he needed to win the championship!



**RONNIE HILLMAN** of the Denver Broncos has mouthguards that look like shark teeth and vampire fangs.



# THE SMILE CODE

It's no secret that mouthguards help keep teeth safe when you play certain sports. Use the code below to spell out the names of a few activities that require mouthguards!

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z



# BE A TOOTH

## ROCK STAR

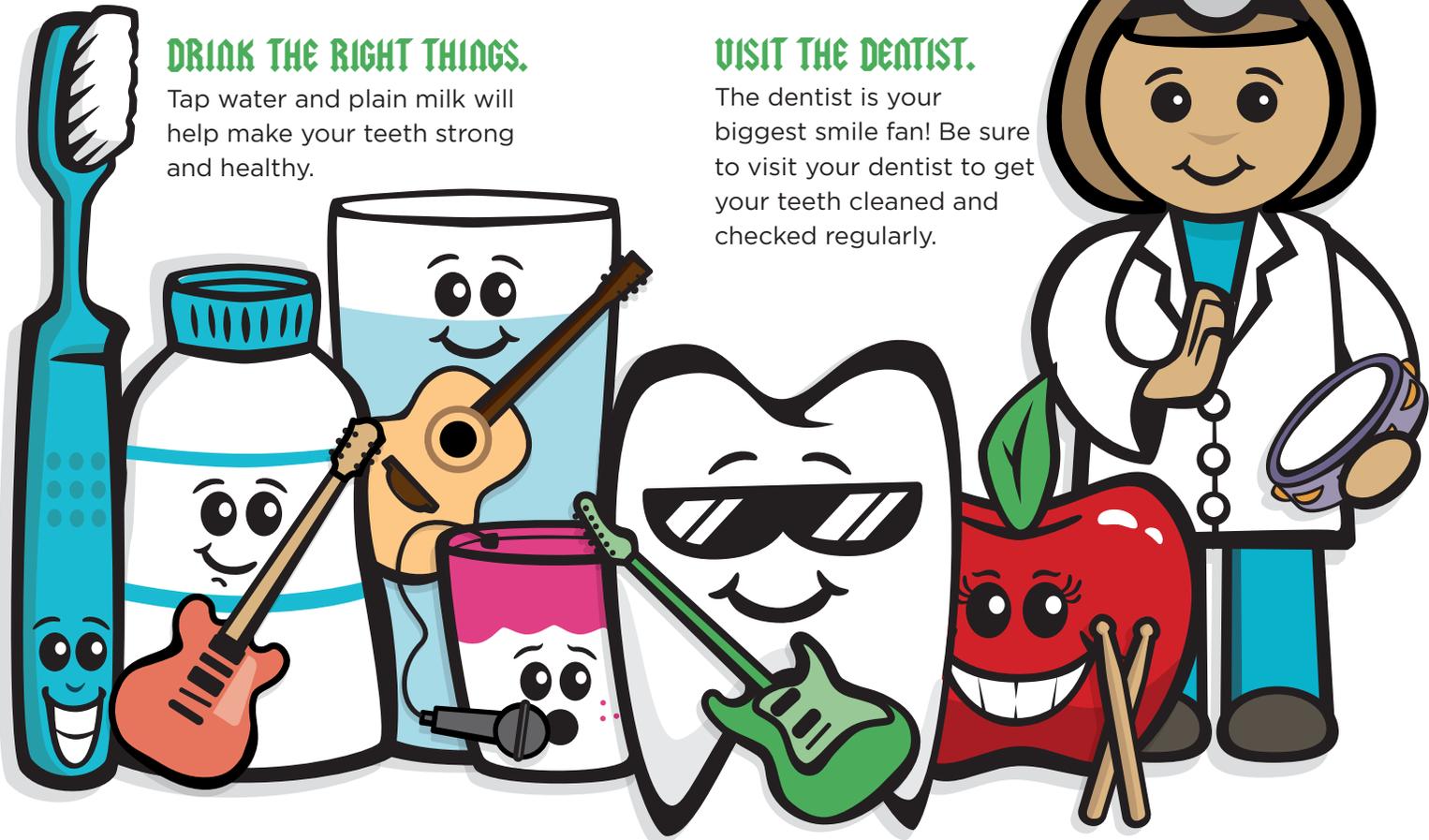
You might think of singers, drummers or guitar players when you hear the word “rock star,” but there’s more than one way to rock! You can become a smile rock star by taking good care of your teeth. Here are five easy things you can do:

### DRINK THE RIGHT THINGS.

Tap water and plain milk will help make your teeth strong and healthy.

### VISIT THE DENTIST.

The dentist is your biggest smile fan! Be sure to visit your dentist to get your teeth cleaned and checked regularly.



### BRUSH YOUR TEETH!

Brush for two minutes in the morning and two minutes before bed to keep them clean.

### FLOSS.

Floss your teeth at least once every day. Flossing helps keep your teeth clean in places your toothbrush can't reach.

### EAT HEALTHY FOODS.

Eating too many sweet or starchy snacks, like candy, cookies and crackers, can cause cavities. Try to snack on nuts, fruits, vegetables and cheese.

# ROCK ON!

Rock bands always have cool names. Make a list of tooth-related band names in the space below - it could be about smiles, lips, teeth or even the dentist! Pick your favorite from your list and write it on the drum. Once your smile superstars have a band name, color the rest of the page!

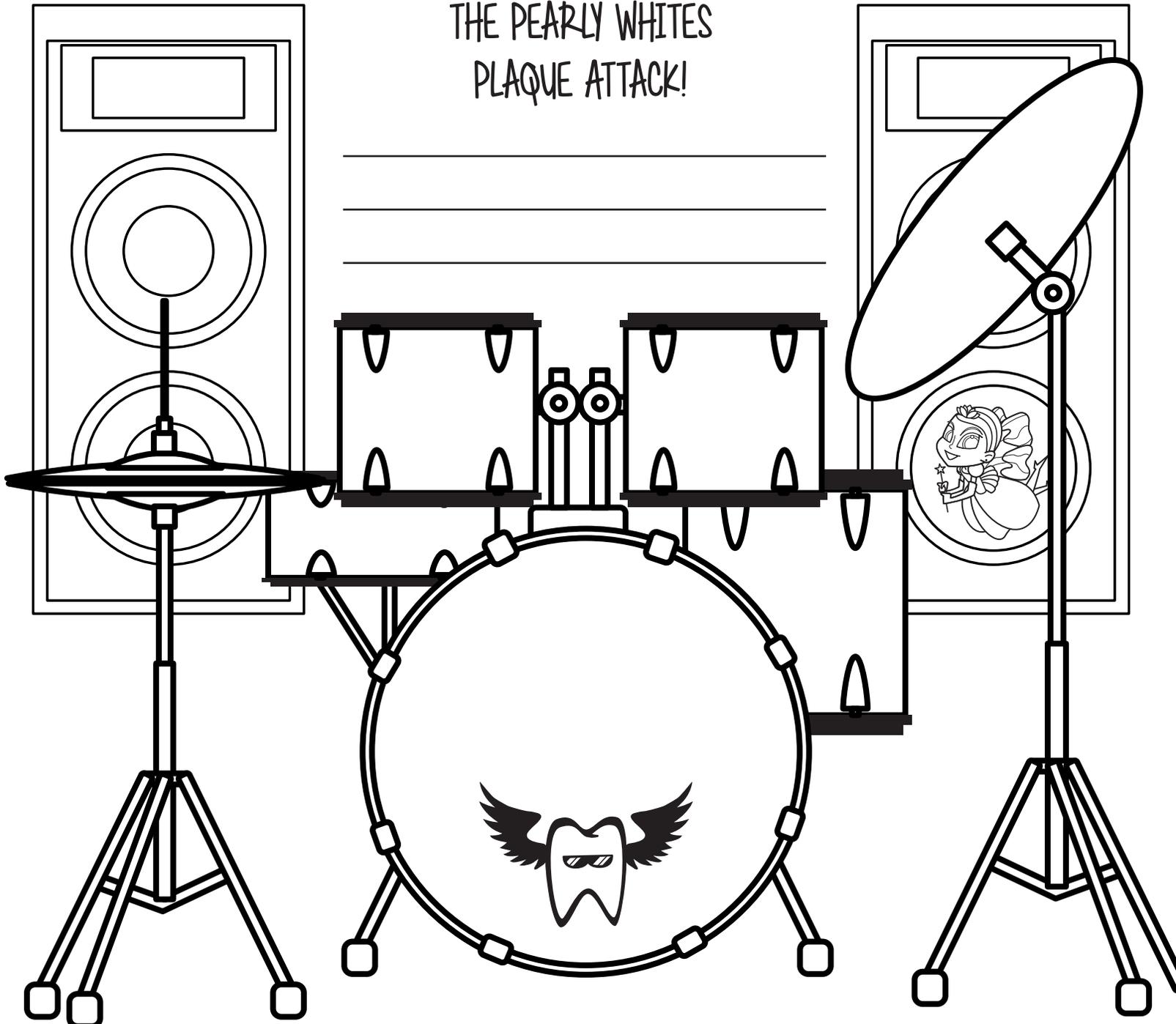
Examples:

THE PEARLY WHITES  
PLAQUE ATTACK!

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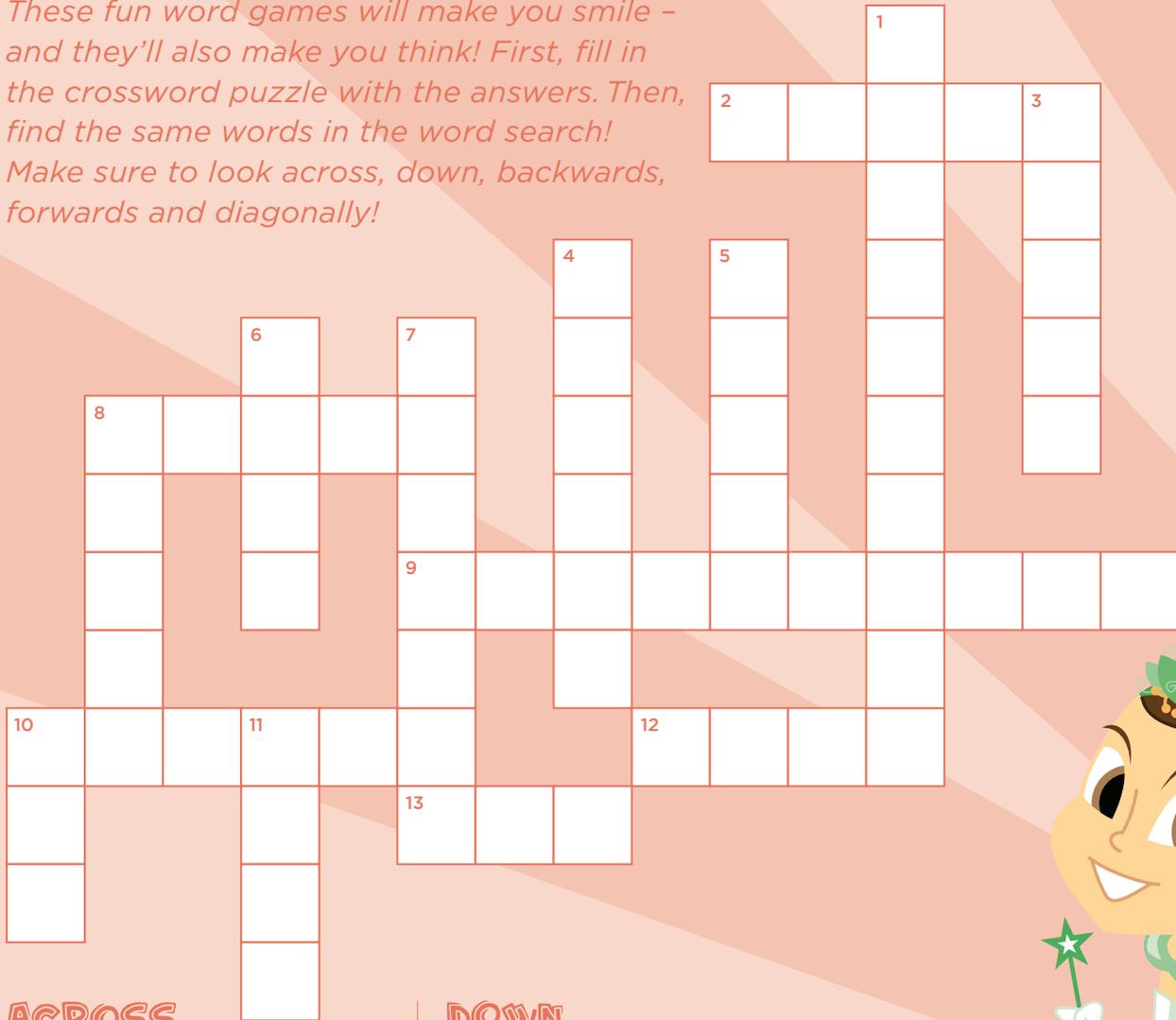
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# FUN + GAMES

*to make you smile!*

*These fun word games will make you smile – and they’ll also make you think! First, fill in the crossword puzzle with the answers. Then, find the same words in the word search! Make sure to look across, down, backwards, forwards and diagonally!*



## ACROSS

2. Do this once a day to clean between your teeth
8. Teeth are this color
9. She visits you when you lose a tooth
10. These help straighten teeth
12. Pirates used to have this kind of tooth – and went searching for it in treasure chests
13. This is how many times you should brush your teeth every day

## DOWN

1. Protect your teeth during sports with this
3. This type of fish grows a lot of teeth
4. When you lose a tooth, you put it under this
5. This is the plural for tooth
6. This drink has lots of calcium
7. You see this type of doctor to take care of your teeth
8. This clear liquid is great for your teeth
10. The dentist puts this around your neck to keep your clothes clean during a dental procedure
11. You do this to break food into pieces you can swallow



Answer key: ACROSS: 2. Floss, 8. White, 9. Tooth Fairy, 10. Braces, 12. Gold, 13. Two; DOWN: 1. Mouthguard, 3. Shark, 4. Pillow, 5. Teeth, 6. Milk, 7. Dentist, 8. Water, 10. Bib, 11. Chew



T	S	T	D	V	S	W	C	Q	S	U	S			
O	O	E	E	J	G	K	R	W	S	T	L			
B	C	O	C	E	X	O	D	B	O	M	Q			
Q	I	N	T	A	T	O	K	U	L	O	Z			
T	B	H	G	H	R	H	X	E	F	U	K			
S	L	A	U	J	F	B	E	U	X	T	Y			
W	O	L	L	I	P	A	X	O	M	H	W			
Y	A	B	O	D	U	D	I	I	U	G	A			
K	I	G	R	V	E	D	L	R	Q	U	T			
B	Z	P	C	N	E	K	L	A	Y	A	E			
M	H	K	T	T	A	B	L	O	X	R	R			
Y	B	I	I	S	H	A	R	K	G	D	O			
X	S	H	W	E	H	C	Y	R	T	O	W			
T	W	C	E	R	Z	P	Q	S	T	U	T			

# awesome ANIMAL TONGUES

*If you've ever been to the zoo, you might have noticed some animals with pretty crazy tongues! Just like us, animals use their tongues to help them eat and make sounds. Here are a few of our favorites:*

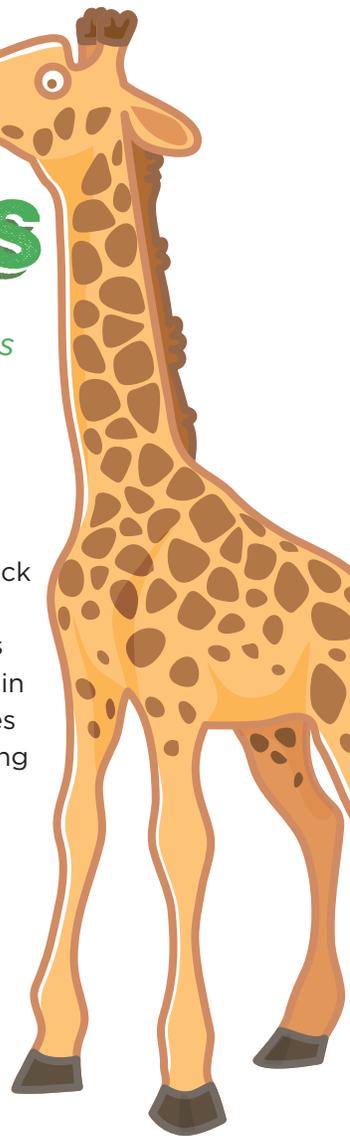


## chameleons

A chameleon's tongue can be up to 1.5 times the length of its entire body! Can you imagine having a tongue taller than you? It's also sticky at the end, which allows the reptile to quickly grab bugs and suck them into its mouth.

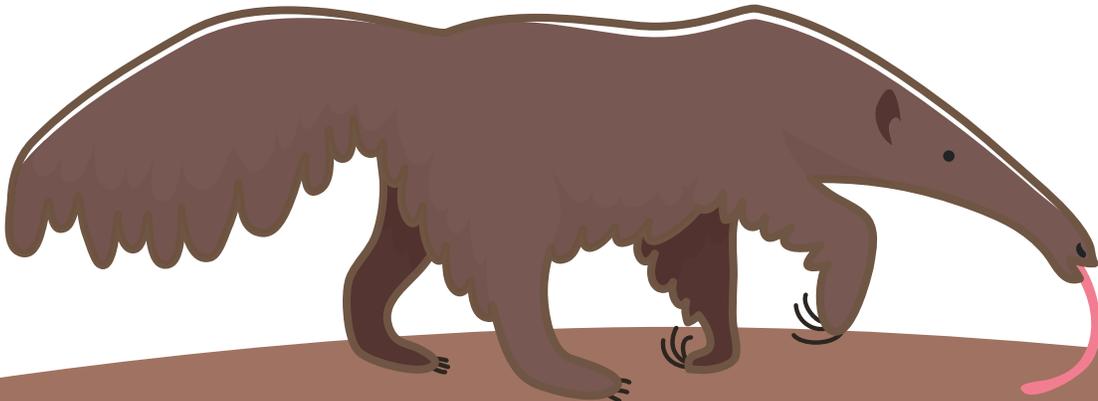
## giraffes

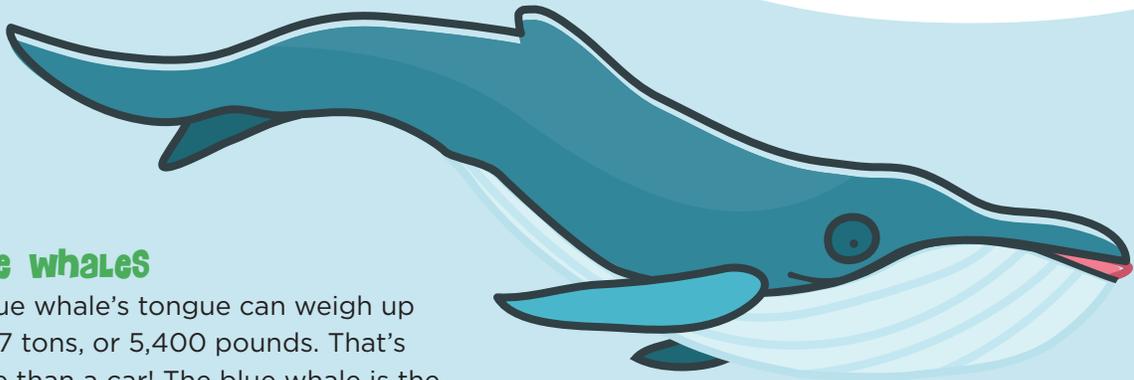
Unlike us, giraffes have black tongues. No, they haven't been eating dirt! Scientists think the color is like built-in sunscreen. Because giraffes spend so much time sticking their tongues out to eat leaves, the dark color may help prevent their tongues from getting sunburned.



## anteaters

A giant anteater's tongue can be up to two feet long, which helps it capture ants and other insects to eat. Another crazy fact: A giant anteater can flick its tongue 160 times a minute. That's more than twice per second!





### BLUe whaLeS

A blue whale's tongue can weigh up to 2.7 tons, or 5,400 pounds. That's more than a car! The blue whale is the biggest animal in the world, so it's no surprise it has the biggest tongue.

# TONGUE TWISTERS

Tongue twisters are a great exercise for your tongue – and your brain! A tongue twister is a sentence that has a lot of similar sounds in it, so it's hard to say, like “She sells seashells by the seashore,” or “How much wood would a woodchuck chuck if a woodchuck could chuck wood?”

Try to twist your tongue around these tricky sentences! Can you say them without messing up? Can you say them three times fast?

- 1 *How much floss would your boss, Ross, use if your boss, Ross, flossed out food?*
- 2 *Brad brushes his braces before breakfast.*
- 3 *Lucy lost her loose tooth.*





*Did you know you're a superhero?! You fight enemies like plaque and tartar every day when you brush and floss your teeth. Your dentist is your sidekick, helping you battle the bad guys by preventing cavities and keeping your mouth healthy. When you put on your bib at the dentist, it's like suiting up in your superhero cape to save the day.*

There's only one problem. Your cape is missing something every superhero needs - a logo! Use your Smile Power to design your own special cape.



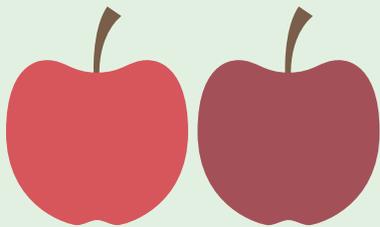
# SCIENCE BY THE MOUTHFUL



## HOLE IN ONE

You already know that getting a cavity in your tooth is a bad thing. But do you know why? This experiment will help you see what happens when you get tooth decay.

### YOU WILL NEED:

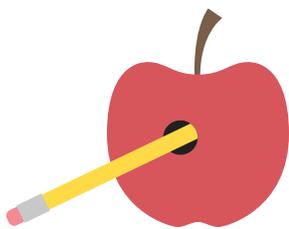


2 apples



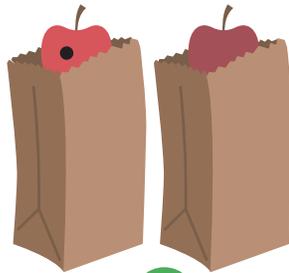
1 sharpened pencil

2 paper bags



1

Use the pencil to poke a hole in one of the apples.



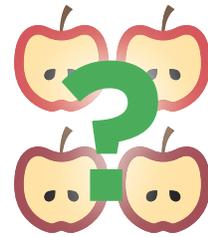
2

Place the apple with the hole in one of the paper bags and the undamaged apple into the other paper bag.



3

Let the apples sit for at least 24 hours.



4

Remove the apples from the bags and observe the difference. Have an adult cut the apples in half to see the inside.



The apple with a hole is like a tooth with a cavity. The other apple is like a healthy tooth. What happened to the tooth with the hole? What did the inside look like?

Now you can see why brushing and flossing every day is important to keep your smile healthy! If you do get a cavity, your dentist can help make your tooth healthy again. Make sure you visit the dentist regularly for checkups!

# CRAFT CORNER

## CHOOSE YOUR OWN TOOTH ADVENTURE

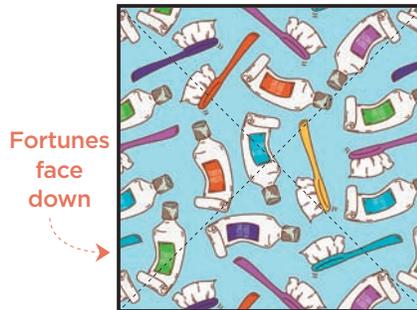
Your choices can make a big difference in how healthy your smile is! Fold this fortune teller, then use it to make choices about your teeth. At the end, you'll find out how you did!

### HERE'S HOW TO FOLD YOUR FORTUNE TELLER:

- 1** Cut out the fortune teller square.



- 2** Fold each corner to the opposite corner. Crease well and unfold. Your square should now have a big "X" in the middle.



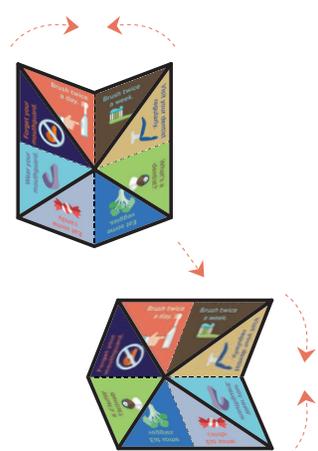
- 3** Fold the corners into the middle, giving you a smaller square. The patterned side of the paper should be completely covered up now.



- 4** Flip the paper over and fold the corners into the middle again, making an even smaller square.



- 5** Fold the paper in half in each direction, then make sure all of your creases are really sharp.



- 6** Flip the paper over. There should be four small squares that are open at the corner. Pull these outward to fold the center inward. Put your fingers in the empty spots and open your fortune teller!



**HERE'S HOW TO PLAY:**

1. Ask your partner to choose a picture on the outside of the fortune teller and spell it out: apple, tooth, floss, toothbrush. For every letter, open or close the fortune teller once. For example, spelling "A-P-P-L-E" means you open and close the fortune teller five times.
2. Then, choose one of the four actions underneath.
3. Unfold the flap of the action you chose to see if your choice was a good one or a bad one.



<p>toothbrush</p> 	<p>Brush twice a day.</p> 	<p>Brush twice a week.</p> 	<p>floss</p> 
<p>Forget your mouthguard.</p> 	<p>It's the best way to keep your teeth clean!</p> 	<p>Brush twice a day for healthy teeth.</p> 	<p>Visit your dentist regularly.</p> 
<p>Wear your mouthguard.</p> 	<p>Beware of sports accidents.</p> 	<p>Your dentist keeps your teeth healthy!</p> 	<p>You should visit your dentist for regular checkups.</p> 
<p>apple</p> 	<p>Brush afterward to avoid cavities.</p> 	<p>Vitamins and minerals help your teeth!</p> 	<p>What's a dentist?</p> 
	<p>Eat some candy.</p> 	<p>Eat some veggies.</p> 	<p>tooth</p> 

