

Looking After Your Teeth



No maximum number depending on adequate supervision



15-20 minutes

Resources:

Most dental surgeries will contain a selection of leaflets, designed to appeal to children, which highlight the importance of teeth care. A quick visit to your local dentist before choosing this activity may turn up some useful material

Aim: To ensure that Juniors understand the importance of looking after their teeth

Equipment:

- Template

Instructions:

1. Start by asking the boys some questions like: whether they enjoy visiting the dentist, who has ever had a filling, whose grandparents have got false teeth? etc. You could also get them to count how many teeth they've got and ask them whether they'd noticed that some teeth are different shapes from others.
2. Use this to talk about why we need our teeth (front teeth are used for cutting, back teeth for crushing and grinding food). Why it's important to look after them and what happens if we don't.
3. Some foods and drinks are bad for our teeth. Bring in a selection of foods and drinks and ask the boys if they can separate those that are bad for teeth and those that are good for teeth.
4. Boys could draw a poster showing ways of keeping teeth healthy.
5. Some quizzes or word games can help reinforce the important points. You can devise your own or use the template.

Extension:

Arrange for a visit from a dentist or you may even be able to visit a dental surgery.