

# Cubby Bear Oral Health Education Kit



This Packet Includes:

**- Introduction -**

*Interacting with Your Audience*  
*Tips & Tricks*

**- 4 Coloring Pages -**

*Beary Nice!*  
*Healthy Choices*  
*Wild Smile*  
*I "Heart" Teeth*

**- 1 Brushing Chart -**

*Keep Your Smile Fresh!*

**- 4 Dental Activities -**

*Dental Memory Pictures*  
*Dental Memory with Words*  
*Dental Crossword*  
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# StarSmilez® Oral Health Education Kit

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This oral kit education kit includes everything you need to bring your next discussion to life for your young audience. You don't need to use all the activities in this kit to be effective. Choose the activities that you feel will be best received by your audience and to operate within your time constraints.

You can photocopy the pages of the kit to share with students or go to [www.starsmilez.com/oral-health-resources](http://www.starsmilez.com/oral-health-resources) and print the pages right from your computer.

## INTERACTING WITH YOUR AUDIENCE

Use your StarSmilez Personality to break the ice. – Obviously children love to have fun, so making your discussion light and cheerful is a key component to your success.

Use the large StarSmilez plush personality if you are speaking to a classroom and explain that your helper is here to demonstrate proper procedures and maybe crack a few jokes. You can demonstrate both brush and flossing techniques or simply discuss the subject of oral health and emphasize the importance of this being a daily routine. Your StarSmilez can be the center of the discussion and a visual focal point for your audience.

Get your audience's attention. – StarSmilez® Personalities are great for getting children's attention. The large size makes it easier for children in larger groups to be able to see your presentation. Their bright colors and fun facial expressions are easy to spot in a crowd and will peak your audience's curiosity. After getting their attention, the next task is keeping it. Use the following tips to help keep your audience involved:

- Ask for volunteers from the crowd to help demonstrate brushing and flossing techniques on your StarSmilez® Personality. Give the volunteers a plush brush as a reward.
- Use your StarSmilez® Personality as a puppet, and have a conversation with your audience by asking questions or making jokes.
- Place water in the bottle inside the handhole and squeeze the bottle to squirt water into the crowd as a response to their questions and laughter.
- After your talk, give each participant a sticker for being such great listeners and participants.

Teach oral cavity prevention. – Good overall health and good oral health go hand-in-hand. It is our responsibility to teach good oral hygiene habits to children, helping them to lead healthier lives. Proper brushing and flossing habits can be some of the most challenging to teach and reinforce. Kids often think that a "good" brushing lasts about five seconds when two minutes are more appropriate. Teach them not only that brushing is a serious task that takes some time, but also that it's a rewarding undertaking that is central to our overall health.

***Brushing Techniques*** – Use your large StarSmilez® and the Oversized Toothbrush to demonstrate proper brushing. Point out all the places that students need to remember to brush; inside, outside, tops, and bottoms using a circular motion with just a little bit of pressure. Let volunteers come up to demonstrate the techniques you've described.

***Flossing Techniques*** – Flossing is important for oral health, but must be done correctly. This is something that needs to be taught on a one to one basis but you should talk about the importance of flossing each day to take care of all sides of your teeth. If you choose to tackle this subject in detail, first demonstrate how to hold the floss and then use the flossible locations in the model to show the correct flossing technique and emphasis that the floss should stay against the teeth and to always be very careful not to injure the gums. Students can also demonstrate the flossing technique they have learned. The large StarSmilez is fully flossible between each tooth with the small StarSmilez having 4 flossible locations, two on top and two on bottom.

### ***STARSMILEZ® ONLINE***

StarSmilez® purpose is to improve the lives of others as advocates for great oral health. It is through our unique, eclectic designs that we passionately serve our customers by making oral care and doctor visits fun for children, parents, dental professionals, and educators.

# Cubby Bear

**Beary Nice!**

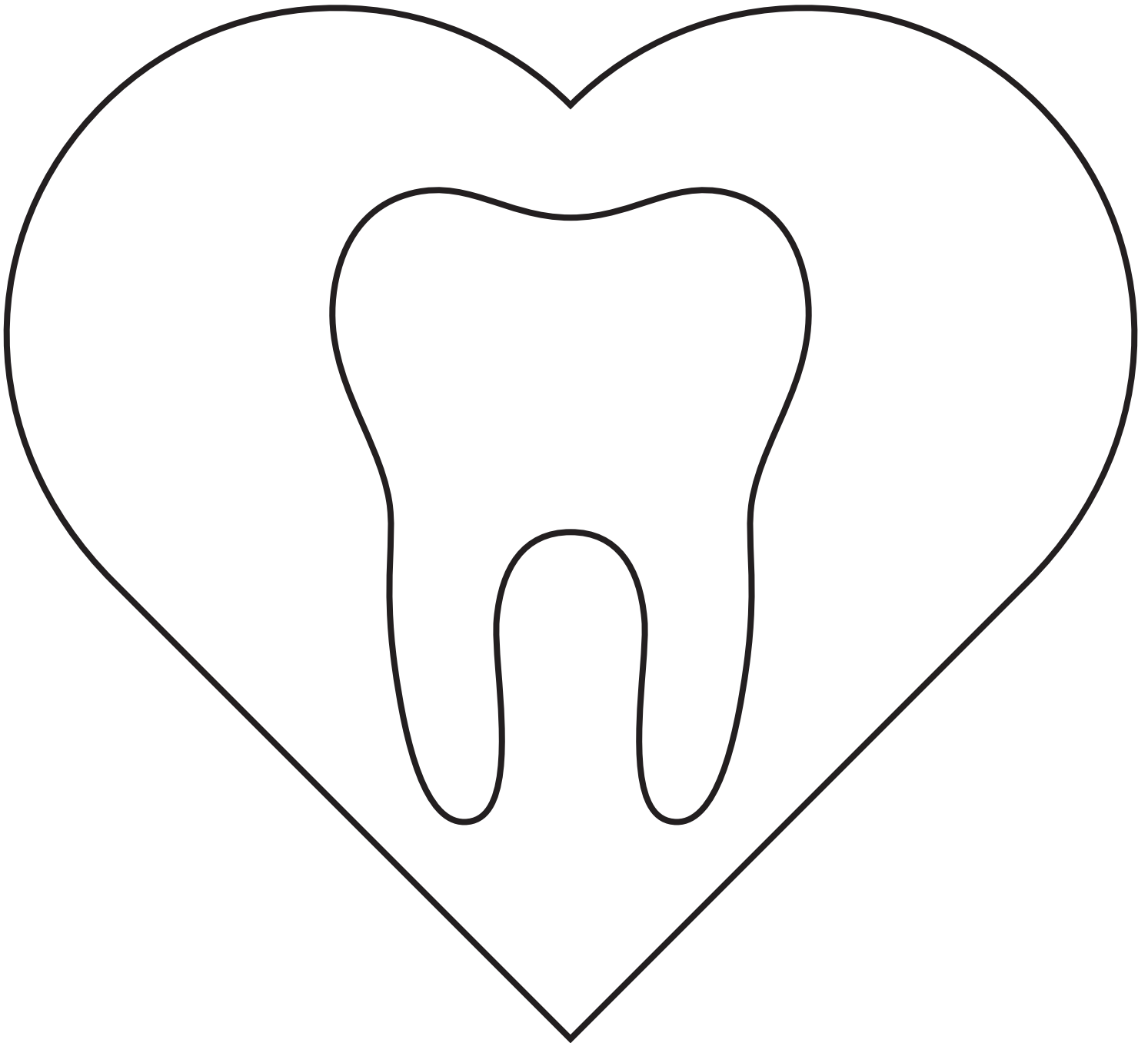
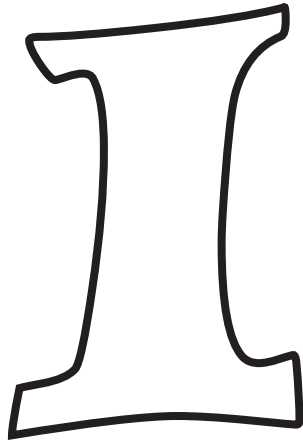




MAKE HEALTHY  
CHOICES!



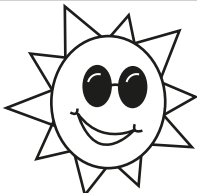
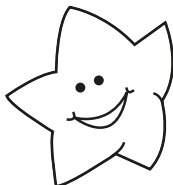
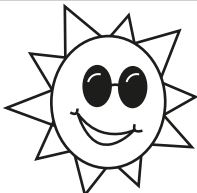
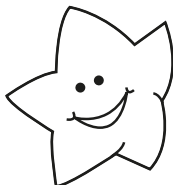
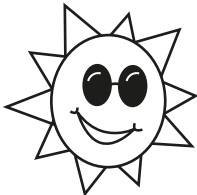
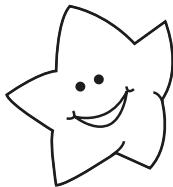
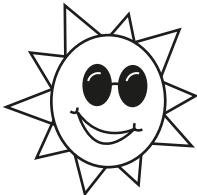
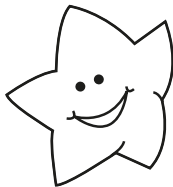
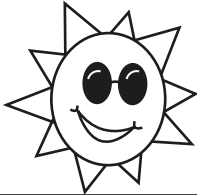
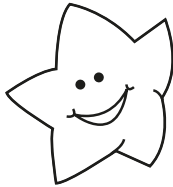
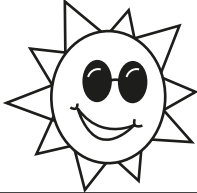
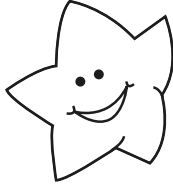
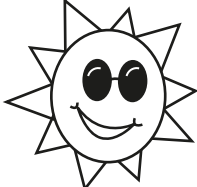
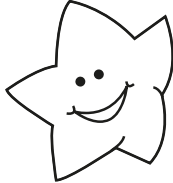




# STARSMILEZ<sup>®</sup> BRUSHING CHART

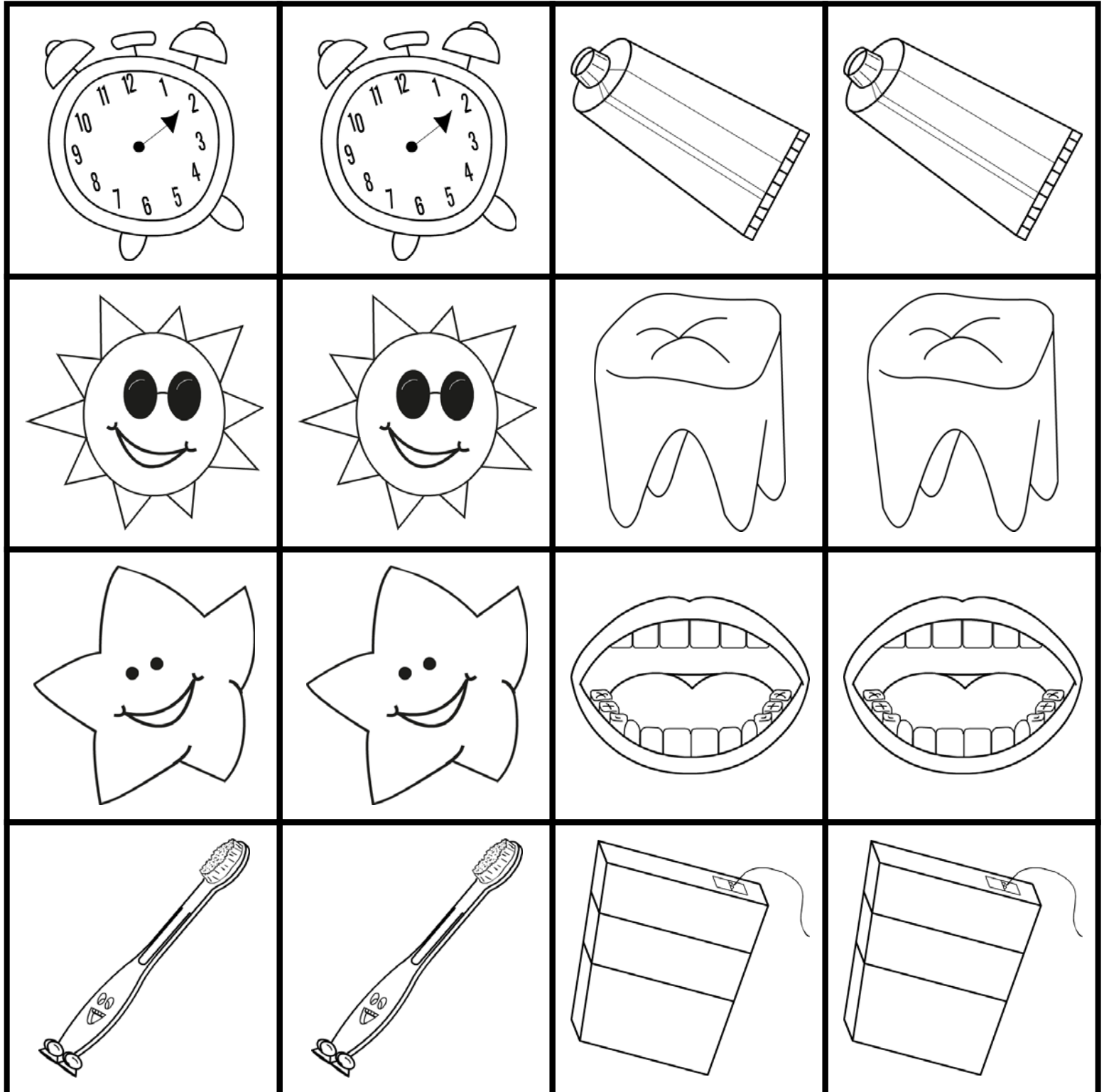
A little bit of  
toothpaste goes  
a long way!  
Don't forget to  
brush twice a day  
to keep your  
smile fresh!



	MORNING	NIGHT
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

# DENTAL MEMORY GAME

Print and color page. Paste this page on a thick piece of construction paper to prevent image from being seen through the paper. After glue has dried, cut out each square playing piece. Mix pieces together and place all pieces face down on a hard surface. Take turns flipping over 2 pieces at a time. If a player flips over a matching pair, collect both cards and take another turn. The person to collect the most matches wins!



MEMORY LEVEL 1


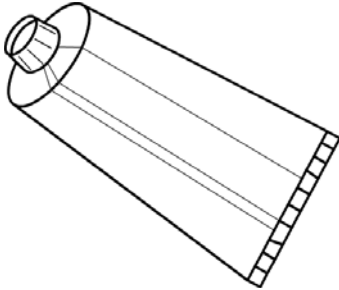
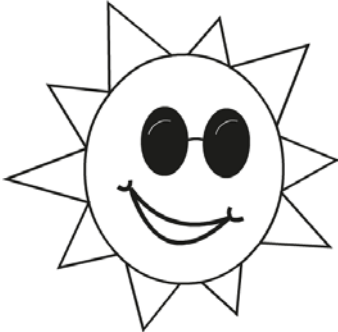

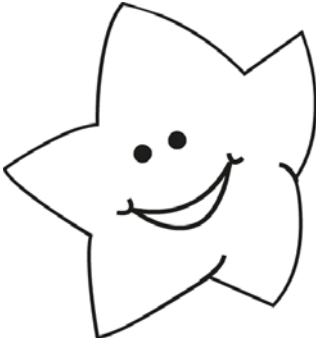
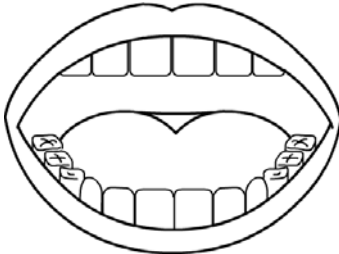

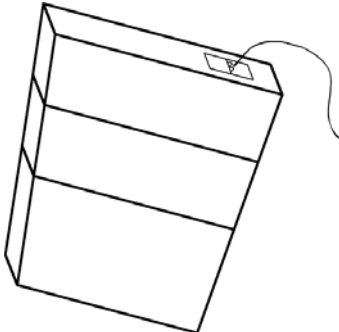
Dental Games Provided By StarSmilez®

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



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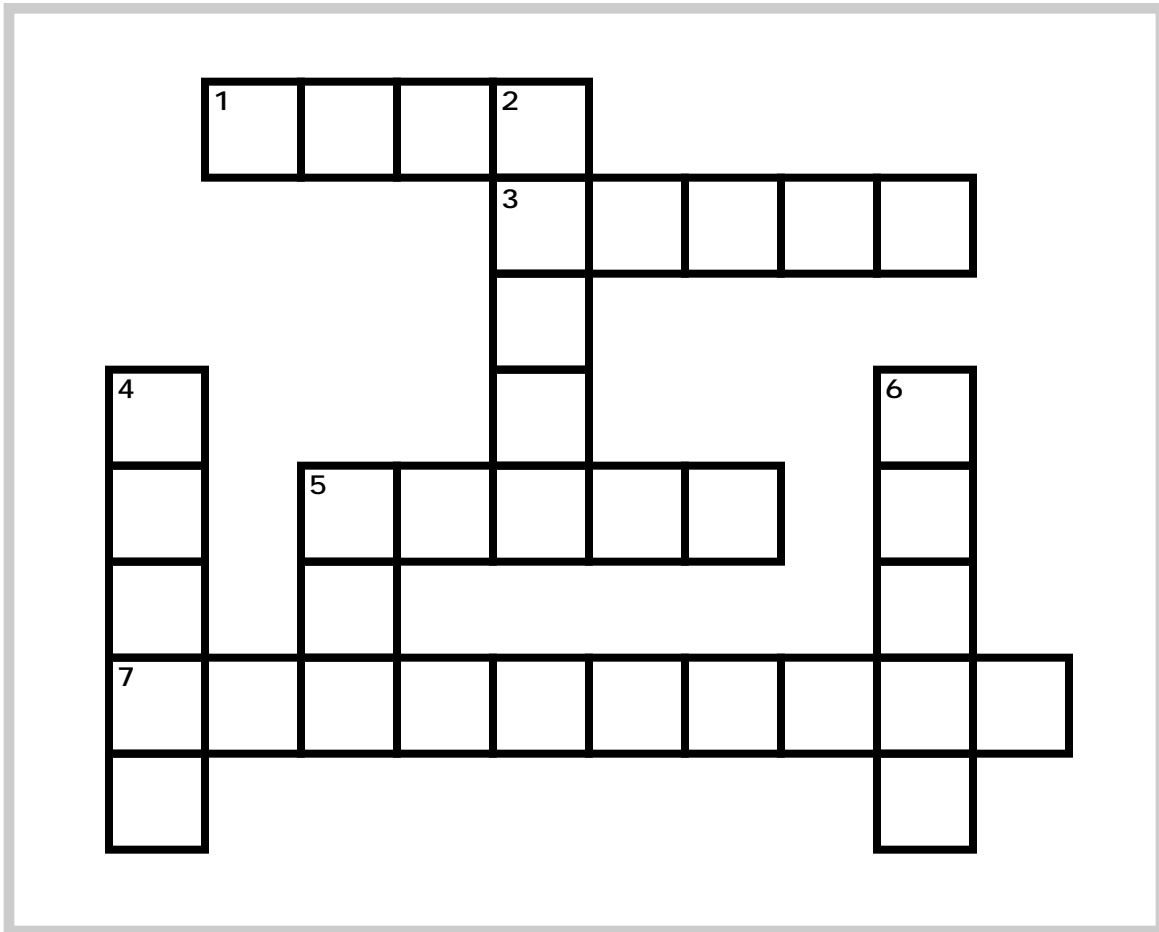
	<b>BRUSH FOR 2 MINUTE</b>		<b>USE FLUORIDE TOOTHPASTE</b>
	<b>BRUSH EVERY MORNING</b>		<b>BRUSHING PREVENTS TOOTH DECAY</b>
	<b>BRUSH EVERY NIGHT</b>		<b>KEEP YOUR TEETH CLEAN</b>
	<b>NEW TOOTHBRUSH EVERY 6 MONTHS</b>		<b>FLOSS BETWEEN TEETH</b>

MEMORY LEVEL 2

Dental Games Provided By StarSmilez®

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# DENTAL CROSSWORD



Use the questions below to fill in the crossword:

## ACROSS

1. Healthy \_\_\_\_\_ hold your teeth in place.
3. Rinse your \_\_\_\_\_ out after you brush.
5. The Dentist helps take care of your \_\_\_\_\_.
7. What do you use to brush your teeth?

## DOWN

2. Healthy teeth make a bright \_\_\_\_\_.
4. Tooth \_\_\_\_\_ makes your mouth taste fresh!
5. You should brush your teeth at least \_\_\_\_ times a day.
6. Clean between your teeth with \_\_\_\_\_.

# DENTAL WORD SEARCH

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

Find all the words to unlock the secret message!

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BITE	FLOSS	MOLAR	TEETH
BRUSH	FOOD	MOUTH	TONGUE
CAVITY	GUMS	PLAQUE	TOOTHBRUSH
DENTIST	HEALTH	SMILE	TOOTHPASTE
EAT	LIPS	TASTE	

**Instructions:** After finding all the words above in the dental word search, find all the letters that have not been used. Starting in the upper left hand corner, use these letters to fill in the blanks. Place one letter for each space in order from left to right to unlock the secret message.