



Resource Pack Overview

Contents Page 2

Platform 1:

Smile Art (6 PDFs)	Pg
Smile Art Lesson Plan KS1	1
Smile Art Lesson Plan KS2	2
Smile Lists KS1	3, 5, 7, 9
Smile Lists KS2	4, 6, 8, 10
Smile Stencils Eco Black and White	7, 8
Smile Stencils Colour	9, 10

Platform 2:

Twisted Egg and Spoon (4 PDFs)	
Twisted Egg & Spoon Lesson Plan KS1	11
Twisted Egg & Spoon Lesson Plan KS2	12
Twisted Egg & Spoon Equipment List & Shout Out Quiz	13
Twisted Egg & Spoon KS2 Expansion (extra information)	14

Platform 3:

Tickle the Gums (6 PDFs)	
Tickle the Gums Lesson Plan KS1	15
Tickle the Gums Lesson Plan KS2	16
Tickle facts KS1	17
Tickle facts KS2	18
Card Grab 50/50 quiz	19 - 27
Brilliant Brushing Chart	28

Platform 4:

Hide and Seek Sugar (5 PDFs)	
Hide & Seek Sugar Lesson Plan KS1	29
Hide & Seek Sugar Lesson Plan KS2	30
Hide & Seek Sugar Tally/Mind Map	31
What causes Tooth Decay Equation/Venn	32 - 34
Hide & Seek Sugar Food Picture Card Game	35 - 38

Platform 5:

Sugar Cube Stack (3 PDFs)	
Sugar Cube Stack Lesson Plan KS1	39
Sugar Cube Stack Lesson Plan KS2	40
Sugar Cube Stack Equipment List/Answer Sheet	41 - 42

Platform 6:

My Dental Visit Dress-Up and Role-Play (3 PDFs)	
My Dental Visit Dress-up and Role-Play Lesson Plan KS1	43
My Dental Visit Dress-up and Role-Play Lesson Plan KS2	44
My Dental Visit Set Up	45
My Dental Visit – Role-Play KS1 & KS2	46 - 47
Awesome Smiles Printable Stickers	48

Additional PDFs Resource Pack Overview	i - x
and Template Parental Letter (about this event)	xi
and Plaque Disclosing Tablet Instructions	xii



Platform 1:

Smile Art – Lesson Plan KS1

(including reception)

Key Message(s)	Motivations: Why do we need teeth? 10 reasons to smile	Materials Required	Time
GRAB attention Facial expression/Fact	Teacher shares a beaming smile to group • ?reaction? Kids smiling back? “ Hands up if you love smiling! ” Fact = Smiling is infectious	Teachers own beautiful smile	30 seconds
SHARE the L.O (learning objective) with the students	“ By the end of this activity you will know what motivates you to look after your smile. You will be able to list : 3 reasons why we need teeth and 3 reasons how smiling is good for us. ”	Smile	30 seconds
RECALL current knowledge What do they know now?	Elicit some ideas about: A) Why do we need teeth? B) How is smiling good for us? (Reasons to Smile & Benefits of a healthy Smile) C) What makes you smile?	Teachers resource: Platform 1a & 1b KS1 Smile Lists PDFs	1 minute
PRESENT new information	Share other reasons not already mentioned.	Teachers resource Smile Lists as above	1 minute
GUIDE How to perform the activity	Let’s get creative! Use art to show what you do to keep your smile healthy or what makes you smile. Use a smile stencil and colour in. Or draw a picture or colourful word map or write a poem. Get feedback to check the students understand what to do.	Paper roll & masking tape to make a blank mural on wall or floor. Pots of pencils, colouring pencils & felt tips. Card Smile stencils	1 minute
PRACTICAL	Let’s do it!! Make the mural. Draw, colour, create, write.	Above equipment	4 minutes
ENHANCE retention Encourage students to apply to personal contexts	1) Discuss with a partner: How many times have you already used your teeth today? What for? 2) Smile Challenge for rest of today: Count how many times you can make other people smile! Is your smile infectious?	Smile	30 seconds
RESET and tidy station for next group	Write class name on mural. Roll up if completed. Put pens/pencils back into pots. Roll out new blank paper for next group.	Paper roll and masking tape as above.	1 minute
TRAVEL By train	Choo choo with locomotion arms around the room onto the next activity station	Smile	30 seconds



Platform 1:

Smile Art – Lesson Plan KS2

(In KS2 classes, each group can nominate a 'reader' to share task instructions)

Key Message(s)	Motivations: Why do we need teeth? 10 reasons to smile	Materials Required	Time
GRAB attention Fact	Reader shares a beaming smile with your group • ?reaction? Classmates smiling back? "Hands up if you love smiling!" Fact = Smiling is infectious	Readers own beautiful smile	30 seconds
SHARE the L.O. (learning objective) with the group	"By the end of this activity you will know what motivates you to look after your smile. You will be able to list : 3 reasons why we need teeth and 5 ways how smiling is good for us. "	Smile	30 seconds
RECALL current knowledge What do you know now?	Discuss: A) Why do we need teeth? B) How is smiling good for us? (Reasons to Smile & Benefits of a healthy Smile) C) What makes you smile?	Teachers resource: Platform 1a & 1b KS2 Smile Lists PDFs	1 minute
PRESENT new information	Whole group look at Platform 1a and 1b Smile Lists KS2 pdf & share other reasons not already mentioned.	Smile Lists as above	1 minute
GUIDE How to perform the activity	Let's get creative! Use art to show what you do to keep your smile healthy or what makes you smile. Use a smile stencil and colour in. Or draw a picture or colourful word map or write a poem. Get feedback to check the students understand what to do.	Paper roll & masking tape to make a blank mural on wall or floor. Pots of pencils, colouring pencils & felt tips. Card Smile stencils	1 minute
PRACTICAL	Let's do it!! Make the mural. Draw, colour, create, write.	Above equipment	4 minutes
ENHANCE retention Encourage students to apply to personal contexts	1) Discuss with a partner: How many times have you already used your teeth today? What for? 2) Smile Challenge for rest of today: Count how many times you can make other people smile! How infectious is your smile?	Smile	30 seconds
RESET and tidy station for next group	Write pupils names/class name on mural. Roll up if completed. Put pens/pencils back into pots. Roll out new blank paper for next group if required.	Paper roll and masking tape as above.	1 minute
TRAVEL By train	Choo choo with locomotion arms around the room onto the next activity station	Smile	30 seconds



Platform 1a:

Smile Art – Smile Lists KS1

What is

A healthy smile?

- **Clean teeth** (brushed twice a day to remove bacteria in plaque) - feel smooth like glass to tongue after brushing
- **Strong teeth** (using fluoride toothpaste makes our teeth stronger)
- **Pink, firm gums** (sign of no inflammation)
- **Mouth feels fresh**



What's

Missing?

- **No bleeding** on brushing
- **No toothache** (although wobbly teeth can sometimes feel sensitive)
- **No swollen or painful gums**

5 Reasons To Smile:

Smiling makes you feel good

It gives our body happy signals

Smiling reduces stress

Less sadness and worry

Smiling makes you more attractive to others

You look friendlier and more fun

Smiling can help you sleep better

By helping you feel calm

Smiling helps you make someone else's day

Helps to spread positivity and happiness to everyone you meet, and share the benefits



Platform 1a:

Smile Art – Smile Lists KS2

What is

A healthy smile?

- **Clean teeth** (brushed twice a day to remove bacteria in plaque) - feel smooth like glass to tongue after brushing
- **Strong teeth** (using fluoride toothpaste strengthens the outer surface enamel making it more resistant to attack from acids and decay)
- **Pink, firm gums** (sign of no inflammation)
- **Mouth feels fresh**



What's

Missing?

- **No bleeding** on brushing or flossing (early sign of gum disease)
- **No brown or white spots** (decay)
- **No toothache** (although wobbly teeth can sometimes feel sensitive and very young children can feel teething)

5 Reasons To Smile:

Smiling makes you feel good

It increases endorphins
happiness & pain relief chemicals

Smiling reduces stress

By lowering cortisol
= less sadness and worry

Smiling makes you more attractive to others

You look friendlier, relaxed
and more fun to be with

Smiling can help you sleep better

By releasing serotonin
that regulates moods and
emotions to induce calmness

Smiling helps you make someone else's day

Helps to spread positivity and
happiness to everyone you
meet, and share the benefits





Platform 1b:

Smile Art – Smile Lists KS1

Why do

We need teeth?

Eat

Speak

Smile



Benefits of

A healthy smile

- We can keep our **teeth for life**
- Look **clean**
- **Smell fresh** (breath)
- **Healthy body** as less chance of disease
- Mum's can have a **healthy baby**



5 Reasons To Smile:

Smiling is good for your health

It lowers blood pressure and boosts your immune system

Smiling is easy

It uses less muscles than frowning

Fake it if you don't feel it

Increase your confidence and self-esteem

Smiling is contagious

Share yours & see how many you get back

Make the world a brighter place with your smile



Platform 1b:

Smile Art – Smile Lists KS2

Why do

We need teeth?

Eat

Speak

Smile



Benefits of

A healthy smile

- We can keep our **teeth for life**, if we brush twice daily, eat a low sugar diet and visit the dentist regularly.
- Looking **clean**, prevent/remove stains by regular cleaning and visiting a hygienist.
- **Smell fresh** (breath)
- **Healthy body** as less chance of disease and lower risk of cancer and dementia.
- Mum's can have a **healthy baby**, not premature.



5 Reasons To Smile:

Smiling is good for your health

It lowers blood pressure and boosts your immune system

Smiling is easy

It uses less muscles than frowning

Fake it if you don't feel it

Increase your confidence and self-esteem

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