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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 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 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

Smiling is contagious

Share yours & see how many you get back

Make the world a brighter place with your smile



