	AWESOME			
	September Stations			
	Resource Pack Overview			
	Contents Page 2 Smile Art (6 PDFs) Pg			
Platform 1:	Smile Art Lesson Plan KS11Smile Art Lesson Plan KS22Smile Lists KS13, 5, 7, 9Smile Lists KS24, 6, 8, 10Smile Stencils Eco Black and White7, 8Smile Stencils Colour9, 10			
Platform 2:	Twisted Egg and Spoon (4 PDFs)Twisted Egg & Spoon Lesson Plan KS111Twisted Egg & Spoon Lesson Plan KS212Twisted Egg & Spoon Equipment List & Shout Out Quiz13Twisted Egg & Spoon KS2 Expansion (extra information)14			
Platform 3:	Tickle the Gums (6 PDFs)			
	Tickle the Gums Lesson Plan KS115Tickle the Gums Lesson Plan KS216Tickle facts KS117Tickle facts KS218Card Grab 50/50 quiz19 - 27Brilliant Brushing Chart28			
Platform 4:	Hide and Seek Sugar (5 PDFs)Hide & Seek Sugar Lesson Plan KS129Hide & Seek Sugar Lesson Plan KS230Hide & Seek Sugar Tally/Mind Map31What causes Tooth Decay Equation/Venn32 - 34Hide & Seek Sugar Food Picture Card Game35 - 38			
Platform 5:	Sugar Cube Stack (3 PDFs)			
	Sugar Cube Stack Lesson Plan KS139Sugar Cube Stack Lesson Plan KS240Sugar Cube Stack Equipment List/Answer Sheet41 - 42			
Platform 6:	My Dental Visit Dress-Up and Role-Play (3 PDFs)My Dental Visit Dress-up and Role-Play Lesson Plan KS1			
	Additional PDFs Resource Pack Overviewi - xand Template Parental Letter (about this event)xiand Plaque Disclosing Tablet Instructionsxii			
	Funded by Cambridgeshire County Council Reading out beyond the dental practice Reading out beyond the dental practice Reading out beyond the dental practice			



	September SMILES Statio	ns	
atform 3:	Tickle The Gums – Lesson Plan (Including reception)	KSI	
Key Message(s)	 Brushing effectively to remove plaque helps to prevent gum disease as well as lowering your risk of tooth decay. Children should be supervised or helped with brushing until at least 7 years old. Plaque disclosing tablets are a fun way to check brushing effectiveness. 	Materials Required	Time
GRAB attention Object? Joke? Photo? Fact?	Hands up if you own a toothbrush? Hands up if you own a gum brush? Feather (picture) - What can we do with this to give you a big smile? Are you ticklish? Where is the only place you can tickle yourself?	Hold up Feather: Platform 3a Feather Image (front of PDF) Read out loud Platform 3b	30 second
SHARE the L.O (learning objective) with the students	"By the end of this activity you will be able to demonstrate how to brush effectively and list 2 ways of checking how well you've brushed"	Smile	30 second
RECALL current knowledge	Look at the Platform 3c: Card grab 50/50 Quiz Collect a card for every question.	Platform 3c: Card Grab 50/50 Quiz PDF	2 minute
PRESENT new information	Share the Card Grab answer sheets Platform 3d & 3e	Platform 3d &3e: Card Grab Answer Sheet PDF	1 minute
GUIDE How to perform the activity Get feedback to check the student understands what to do	 What you will be doing: Start a 2 minute timer Using your index finger pretending to be a toothbrush, move it around the teeth and gums in a circular motion for 2 minutes. Watch the video and brush along systematically. Are you going to use a real toothbrush for this simulation? No 	Device to play video https://www. youtube.com /watch?v= gAODutgIIVQ #action=share 2 minute timer	1 minute
PRACTICAL	Let's do it!	Above equipment	2.5 minute
ENHANCE retention Encourage students to apply to per- sonal contexts	Discuss with a partner: What will you do differently when you brush your teeth tonight? • Draw circles? • Tickle gums? • Time it with an app? • Tick a brushing chart?	Platform 3f: Brilliant Brushing Chart PDF	1 minute
RESET	and tidy - put cards back, turn over answer sheet, reset video	Smile	1 minute
TRAVEL By train	Choo choo with locomotion arms around the room onto the next activity station	Smile	30 second



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	September Statio		
atform 3:	SMILES Tickle The Control Discon	KS2	
Key Message(s)	 Brushing effectively to remove plaque helps to prevent gum disease as well as lowering your risk of tooth decay. Children should be supervised or helped with brushing until at least 7 years old. Plaque disclosing tablets are a fun way to check brushing effectiveness. 	Materials Required	Time
GRAB attention Object? Joke? Photo? Fact?	Hands up if you own a toothbrush? Hands up if you own a gum brush? Feather (picture) - What's this Are you ticklish? Where is the only place you can tickle yourself?	Hold up Feather Pic: Platform 3a front of KS2 PDF Read out loud notes from back of Platform 3b	30 seconds
SHARE the L.O (learning objective) with the group	"By the end of this activity you will be able to • Demonstrate how to brush effectively and • List 2 ways of checking how well you brush."	Smile	30 seconds
RECALL current knowledge	Card grab 50/50 Quiz Reader asks questions and everyone in group picks up the card that matches their answers.	Platform 3c: Card Grab 50/50 Quiz PDF	2 minutes
PRESENT new information	Share the Card Grab answer sheets Platform 3d & 3e	Platform 3d &3e: Card Grab Answer Sheet PDF	1 minute
GUIDE How to perform the activity Get feedback to check the student understands what to do	Let's put it into practice: • Start a 2 minute timer • Using your index finger pretending to be a toothbrush, move it around the teeth and gums in a circular motion for 2 minutes. • Watch the video and brush along systematically. Are you going to use a real toothbrush for this simulation? No	Device to play video https://www. youtube.com /watch?v= gAODutgIIVQ #action=share 2 minute timer	1 minute
PRACTICAL	Let's do it! Press play on video & start the 2 minute timer.	Above equipment	2.5 minutes
ENHANCE retention Encourage students to apply to per- sonal contexts	Discuss with a partner: What will you do differently when you brush your teeth tonight? • Circles? • Spit don't rinse? • Tickle gums? • Time it with an app? • Tick a brushing chart? You will get a copy.	Platform 3f: Brilliant Brushing Chart PDF	1 minute
RESET	Put cards back, turn over answer sheet, reset video	Smile	1 minute
TRAVEL	Choo choo with locomotion arms around the room to the next activity station	Smile	30 seconds

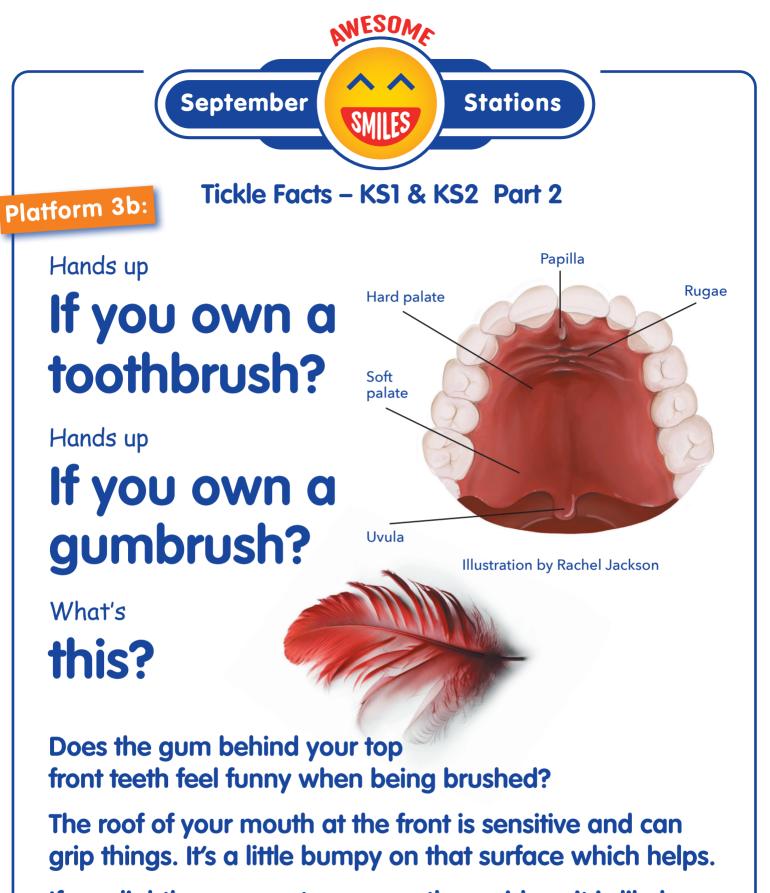


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If you lightly run your tongue on these ridges it is likely to tickle.

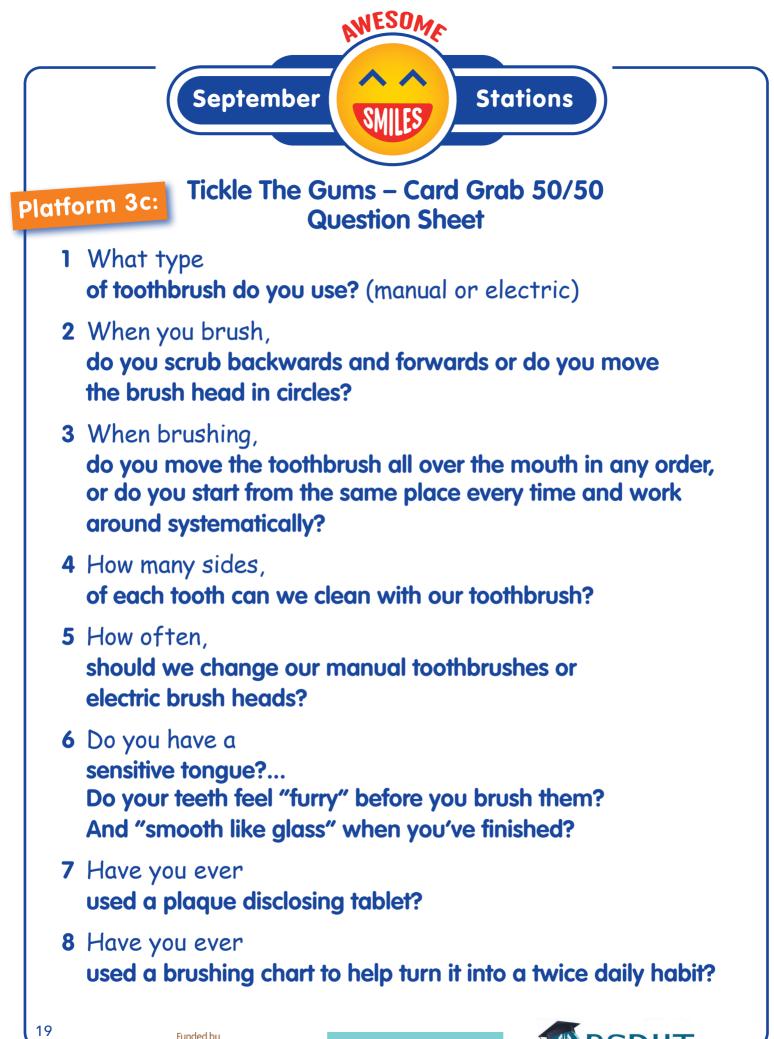








18



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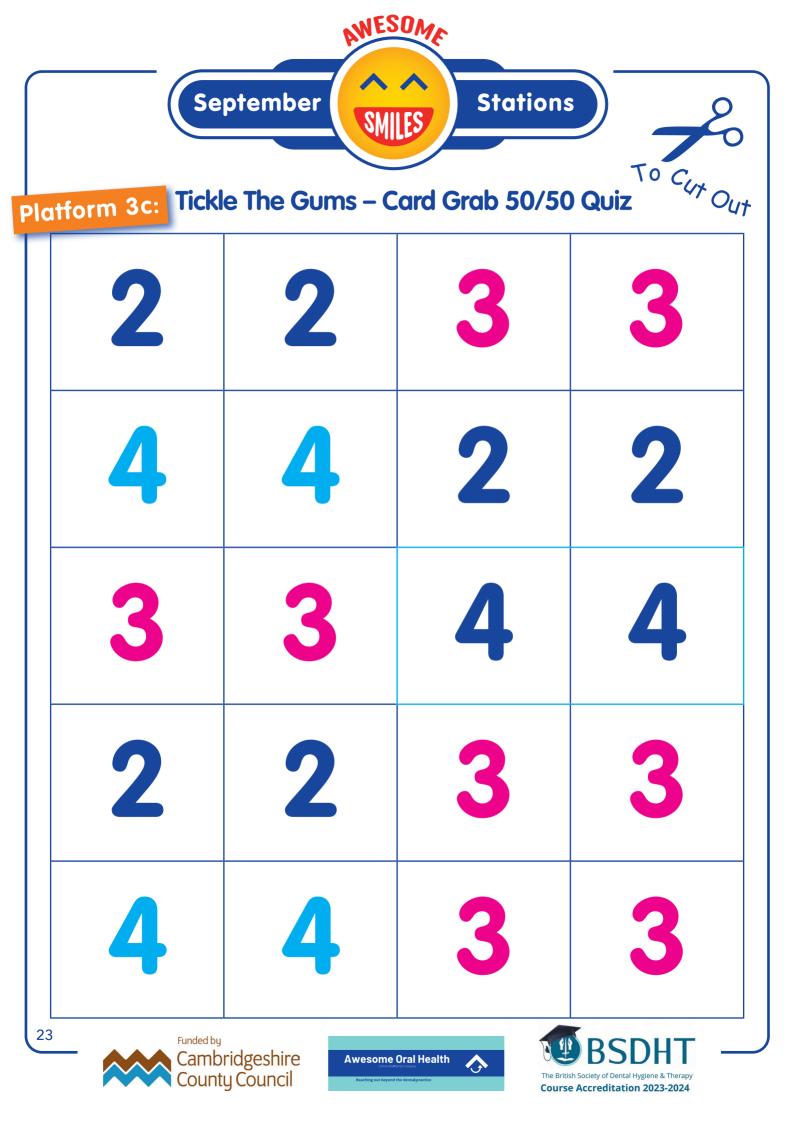




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ANESOME				
September Stations				
latform 3c: Tic	kle The Gums – (Card Grab 50/50	Quiz To Cut Out	
Moving Randomly	A A	Start in the same place & Moving Systematically		
Moving Randomly	A A	Start in the same place & Moving Systematically		
Moving Randomly	A A	Start in the same place & Moving Systematically		
Moving Randomly	A A	Start in the same place & Moving Systematically		
Moving Randomly	A A	Start in the same place & Moving Systematically		
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Platform 3d: Tickle The Gums – Card Grab 50/50 Quiz **Answer Sheet 1**

Which is best? Manual or ETB?	
It doesn't matter whichIt's what you do with it that is important.	
It's possible to do a rubbish job with an electric or a brilliant job with a manual.	
It can be easier to do a good job with an electric toothbrush as it does a lot of the hard work for you.	
It's OK to scrub backwards and forwards on the hard biting surfaces, but use a circular motion around the inside and outside.	Circular
This will help to prevent damage to the gums and make the bristles reach further.	motion angled 45° to Tickle
Bacteria love to hide along the gum-line so make sure to tickle the gums as well as clean the teeth surfaces.	the Gums
It's easy to lose concentration and start day dreaming while we clean our teeth, but if you start in the same place every day and move systematically you won't get lost or miss anywhere.	Start in the same place and moving systematically
How many sides of the teeth can we clean with our toothbrush? 3 = Outside Inside Biting surface	3
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26

September	Stations
tform 3e: Tickle The Gums – C Answei	ard Grab 50/50 Quiz Sheet 2
How often should we change our manual toothbrushes or Electric brush heads? Every 3 months On average but look to see if bristles are worn and no longer straight (splayed)	Every 3 months Jan, Feb, March, April, May, June, July,Aug, Sept, Oct, Nov, Dec
Do you have a sensitive tongue?	Yes No
Do your teeth feel furry before you brush them?	Some people can tell the difference by running their tongue along the teeth. When you've finished brushing do they feel smooth like glass Do the 50/50 test – brush half of your teeth e.g. the left side – then run your tongue around your teeth and see if you can feel the difference
Whether you can feel the difference with your tongue the most scientific way to check is to use a plaque disclosing tablet. Have you ever used a plaque disclosing tablet?	Yes No You will get some instructions on how to use them (from the school office to your grown up's email)
Have you ever used a brushing chart to help build a twice daily habit? You will be getting one in your goody bag to take home today.	Yes No Give yourself an extra tick each time if you remember to "Spit, Don't Rinse!"



Tickle The Gums – KS1 & KS2

Stations

NESOM

September

(Including reception)

Brilliant Brushing Chart

Tick the boxes each time you clean your teeth for 2 minutes. **Remember, spit, don't rinse** so the fluoride can work for longer to protect your teeth!

	Morning		Bedtime	
Day	Brushed	Didn't Rinse	Brushed	Didn't Rinse
Mon				
Tues				
Weds				
Thurs				
Fri				
Sat				
Sun				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

• Brush twice a day for 2 minutes with fluoride toothpaste.

• **Spit, don't rinse** after brushing.

- Keep sugary foods and drinks to mealtimes.
- Visit your dental practice regularly.



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28