



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
SmileStencilsColour	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



Tickle The Gums – Lesson Plan KS1

(Including reception)



Platform 3:

Key Message(s)		Materials Required	Time
	<ul style="list-style-type: none"> • 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. 		
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 seconds
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 seconds
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 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	What you will be doing: <ul style="list-style-type: none"> • 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 minutes
ENHANCE retention Encourage students to apply to personal contexts	Discuss with a partner: What will you do differently when you brush your teeth tonight? <ul style="list-style-type: none"> • Draw circles? • Spit don't rinse? • 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 seconds



Platform 3a:

Tickle Facts – KS1 & KS2 Part 1

(Including reception)

What is this?**Can it make you smile?**

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Platform 3b:

Tickle Facts – KS1 & KS2 Part 2

Hands up

If you own a toothbrush?

Hands up

If you own a gumbrush?

What's

this?

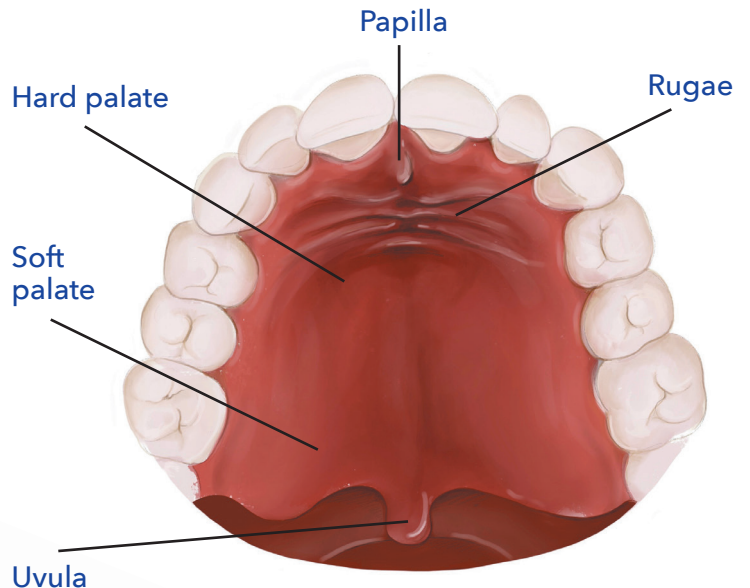


Illustration by Rachel Jackson



Does the gum behind your top front teeth feel funny when being brushed?

The roof of your mouth at the front is sensitive and can grip things. It's a little bumpy on that surface which helps.

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

Go on– try it!!



**Platform 3c:****Tickle The Gums – Card Grab 50/50
Question Sheet**

- 1 What type
of toothbrush do you use? (manual or electric)**
- 2 When you brush,
do you scrub backwards and forwards or do you move
the brush head in circles?**
- 3 When brushing,
do you move the toothbrush all over the mouth in any order,
or do you start from the same place every time and work
around systematically?**
- 4 How many sides,
of each tooth can we clean with our toothbrush?**
- 5 How often,
should we change our manual toothbrushes or
electric brush heads?**
- 6 Do you have a
sensitive tongue?...
Do your teeth feel “furry” before you brush them?
And “smooth like glass” when you’ve finished?**
- 7 Have you ever
used a plaque disclosing tablet?**
- 8 Have you ever
used a brushing chart to help turn it into a twice daily habit?**





To Cut Out

Platform 3c:

Tickle The Gums – Card Grab 50/50 Quiz



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Reaching out beyond the dental practice



BSDHT

The British Society of Dental Hygiene & Therapy
Course Accreditation 2023-2024



To Cut Out

Platform 3c: Tickle The Gums – Card Grab 50/50 Quiz

Scrubbing Backwards & Forwards 90° onto the tooth



Circular motion angled 45° to Tickle the Gums



Scrubbing Backwards & Forwards 90° onto the tooth



Circular motion angled 45° to Tickle the Gums



Scrubbing Backwards & Forwards 90° onto the tooth



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Circular motion angled 45° to Tickle the Gums



Scrubbing Backwards & Forwards 90° onto the tooth



Circular motion angled 45° to Tickle the Gums





To Cut Out

Platform 3c:

Tickle The Gums – Card Grab 50/50 Quiz

Moving Randomly		Start in the same place & Moving Systematically	
Moving Randomly		Start in the same place & Moving Systematically	
Moving Randomly		Start in the same place & Moving Systematically	
Moving Randomly		Start in the same place & Moving Systematically	
Moving Randomly		Start in the same place & Moving Systematically	





To Cut Out

Platform 3c: Tickle The Gums – Card Grab 50/50 Quiz

2	2	3	3
4	4	2	2
3	3	4	4
2	2	3	3
4	4	3	3

AWESOME

September



Stations



To Cut Out

Platform 3c: Tickle The Gums – Card Grab 50/50 Quiz

<p>Once a month Jan, Feb, March, April, May, June, July, Aug, Sept, Oct, Nov, Dec</p>	<p>Every 3 months Jan, Feb, March, April, May, June, July, Aug, Sept, Oct, Nov, Dec</p>	<p>Once a year 2023</p>
<p>Once a month Jan, Feb, March, April, May, June, July, Aug, Sept, Oct, Nov, Dec</p>	<p>Every 3 months Jan, Feb, March, April, May, June, July, Aug, Sept, Oct, Nov, Dec</p>	<p>Once a year 2023</p>
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To Cut Out

Platform 3c:

Tickle The Gums – Card Grab 50/50 Quiz

yes	no	yes	no
yes	no	yes	no
yes	no	yes	no
yes	no	yes	no
yes	no	yes	no





Platform 3d: Tickle The Gums – Card Grab 50/50 Quiz
Answer Sheet 1

**Which is best?
Manual or ETB?**

It doesn't matter which...It'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.

This will help to prevent damage to the gums and make the bristles reach further.

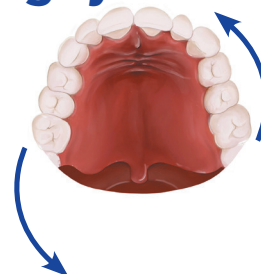
Bacteria love to hide along the gum-line so make sure to tickle the gums as well as clean the teeth surfaces.

Circular motion angled 45° to Tickle 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



Platform 3e: Tickle The Gums – Card Grab 50/50 Quiz Answer 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?

Do your teeth feel furry before you brush them?

**Yes
No**

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!"**



Platform 3f:

Tickle The Gums – KS1 & KS2

(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!

Day	Morning		Bedtime	
	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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