

The Tooth Book Read Aloud

premiere 2/20/21!

ABC Brush Off

- Plastic egg carton or bottle,
- Washable marker (write letters on bottom)
- Toothbrush & toothpaste (to "brush" letters off)

Play Dough Tooth Time

- Make DIY playdough
- Create a mouth model
- Form 32 teeth to fill!
- *Floss!

Brush Calendar

-Fill out 2x/day!

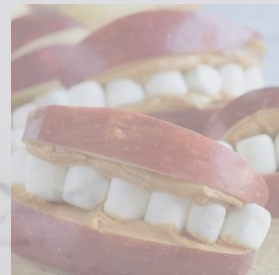
www.think10fold.com

DENTAL HEALTH Activity Choice Board

Dental Tool Sensory Bin

- Plastic bin/water table/sink; toothbrush; mirror; other (Safe!) dental like tools
- Have fun splashing & having an at home dramatic play dental cleaning station!

Smiley Mouth Snack



- Sliced apples
- Mini marshmallows
- Sun butter*

Fill the Mouth

- Dice count game
- Use mouth template
- Use a marker to fill the amount of teeth rolled each turn
- First full smile (32 teeth) wins!

Healthy Mouth Collage

- Gather recycled newspapers & magazines
- Cut out healthy dental options
- Glue them onto the healthy, happy tooth template!

DENTAL HEALTH

Activity Choice Board

Activity FREE Printables

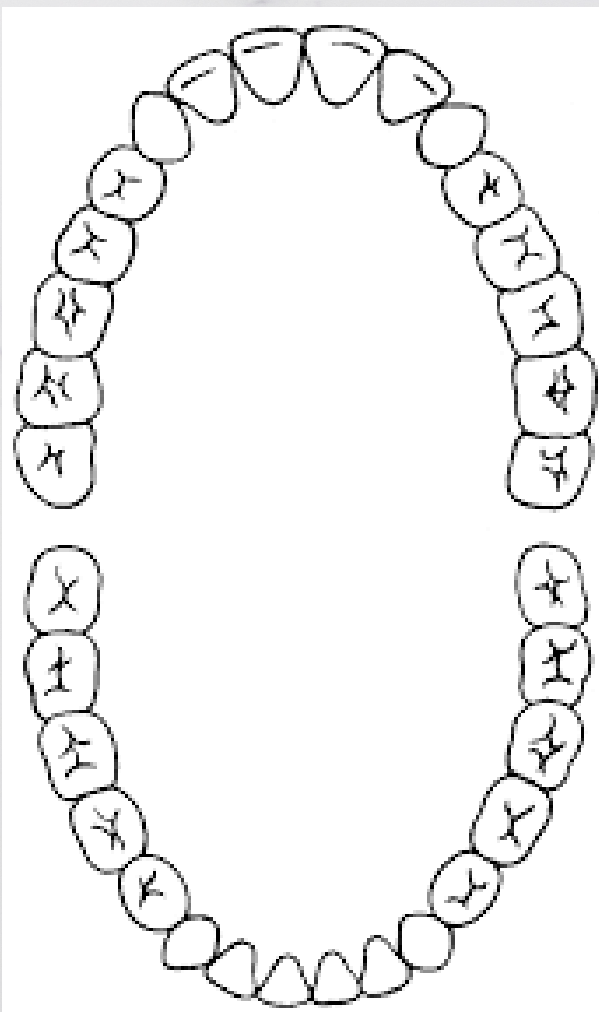
Fill the Mouth

- Dice count game
- Use mouth template
- Use a marker to fill the amount of teeth rolled each turn
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Brush

Calendar

- Fill out 2x/day!





Brush twice a day with fluoride toothpaste and clean between teeth daily!



	1	2	3	4	5
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2024](https://ada.org/NCDHM2024) for activity sheets.

HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

SPONSORS



DENTAL HEALTH

Activity Choice Board

TOP 3

DIY PLAY DOUGH RECIPES



Marshmallow Play Dough



Homemade Hearty Dough



Stretchy Dough



Marshmallow Play Dough

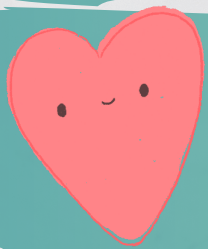
Ingredients:

6 large marshmallows -
2 teaspoons coconut oil -
Food coloring -
4 tablespoons cornstarch

Instructions:

Warm the marshmallows & coconut oil in your microwave for 30 seconds, then stir in a few drops of food coloring. Use as many drops as you need to create the color you want. After you've got the right color, stir in the cornstarch. When the dough is cool enough to handle, start kneading it. If the dough still feels too sticky, add a little more cornstarch.

Recipe from OXO.com



Homemade Hearty Dough

Ingredients

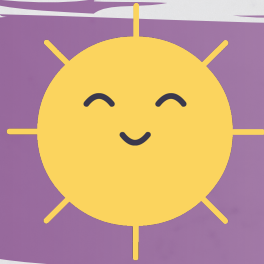
1 cup warm water
½ cup all-purpose flour
½ cup cornstarch
1 Tbsp vegetable oil
5 -10 drops of food coloring

Instructions

Mix together the flour, cornstarch & oil.
Mix together the food coloring into 1 cup
of warm water.

Slowly pour the water into the flour
mixture, stirring as you pour.
Stir completely, then knead.
Allow to cool & add flour as needed.

*Recipe from many fellow Preschool teachers
over the years :)*



Stretchy Dough

Ingredients:

¼ Cup of Instant Jello Mix

1 Cup of Corn Starch

¼ Cup Water

Food Coloring

Instructions:

Mix the instant jello mix & corn starch

Begin adding water – approx 1/4 cup
at a time – mix well – add food coloring

When all ingredients are mixed
together, you can mix with hands- &
enjoy stretchy sensory fun!

*Recipe from fellow Preschool teacher
colleagues*

#thinkcleanthinkgreen

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All *think10fold* ideas
with this symbol
represent times you
can use supplies from
the environment, the recycling
bin, & by
planning & collecting!
What a great way to teach
children to think of & love
OUR EARTH!

