How to Have a Bright Smile

Activity Guide for Head Start Classrooms
Dear Educator:

Welcome to Colgate Bright Smiles, Bright Futures®. We are pleased to have been bringing this oral health education program to Head Start classrooms for the past 18 years. As an educator, you can help young children develop good oral health habits that will last a lifetime!

With creative and fun classroom components, children can build important skills while enjoying the Dr. Rabbit character, who serves as their mascot and guide throughout the program. Capture the children's imaginations with the lively “how-to brush” mini-video – and follow up with the new, colorful two-sided wall poster that illustrates important oral care messages. Children will also love learning “how to have a bright smile” with Dr. Rabbit’s fun sing-along songs!

We wish you much success with the program. Thank you for helping your students’ smiles last a lifetime!

Sincerely,

Marsha Butler
Colgate-Palmolive Company

P.S. Now you can find Colgate Bright Smiles, Bright Futures® for Head Start online. Visit www.colgatebsbf.com. See page 12 (back cover) of this guide for more information.

Head Start Child Outcomes Framework

The components and activity plans have been developed in accordance with the skills areas (domains) and child outcomes (indicators) contained within the Head Start Child Outcomes Framework. The following chart is designed to make it easy for you to integrate oral health education into your daily routine in a fun and meaningful way!

Let’s Make A Bright Smile!

- **Domain Element:** Health Status and Healthy Practices
  - **Indicator:** Shows growing independence in hygiene, nutrition and personal care when eating, dressing, washing hands and brushing teeth.

- **Domain Element:** Art
  - **Indicator:** Gains ability in using different art media and materials in a variety of ways for creative expression and representation.

- **Domain Element:** Dramatic Play
  - **Indicator:** Shows growing creativity and imagination in using materials and in assuming different roles in dramatic play situations.

- **Domain Element:** Knowledge of Families and Communities
  - **Indicator:** Progresses in understanding similarities and respecting differences among people.

This Is How We Brush, Brush, Brush!

- **Domain Element:** Health Status and Healthy Practices
  - **Indicators:** Shows growing independence in hygiene, nutrition and personal care when eating, dressing, washing hands and brushing teeth.

- **Domain Element:** Movement
  - **Indicators:** Expresses through movement and dancing what is felt and heard in various musical tempos and styles.

- **Domain Element:** Listening and Understanding
  - **Indicators:** Demonstrates increasing ability to attend to and understand conversations, stories, songs and poems.

Dr. Rabbit Wants To Say

- **Domain Element:** Health Status and Healthy Practices
  - **Indicator:** Shows growing independence in hygiene, nutrition and personal care when eating, dressing, washing hands and brushing teeth.

- **Domain Element:** Book Knowledge and Appreciation
  - **Indicator:** Demonstrates progress in abilities to retell and dictate stories from books and experiences; to act out stories in dramatic play; and to predict what will happen next in a story.

- **Domain Element:** Self-control
  - **Indicator:** Shows progress in expressing feelings, needs and opinions in difficult situations.
Components at a Glance

**How to Have a Bright Smile Activity Guide**
This new guide contains developmentally-appropriate activities for promoting good oral health and building important skills; creative extension ideas; and a reproducible “How to Have a Bright Smile” mini-book the children can take home to share with the whole family (in English and Spanish)!

**Classroom DVD: featuring How to Have a Bright Smile Mini-Video and Dr. Rabbit and Friends Sing-Along Songs**
You’ll find two great tools on this new DVD!
- **How to Have a Bright Smile** mini-video is an engaging introduction to learning how to brush. The simple steps help children learn how to have a bright and healthy smile.
- **Dr. Rabbit and Friends** sing-along songs offer a memorable and fun way to engage young children in learning important oral health habits.

Use the DVD throughout your curriculum all year long to help children develop good habits and important skills!

**Two-Sided Poster**
A large classroom visual featuring brushing steps and illustrations on one side and key oral health messages on the other.

**Dr. Rabbit Wants to Say Big Book**
Dr. Rabbit delivers important oral care information in this read-aloud big book.

**Assembling the Reproducible Mini-Book**
(Found on pages 9 – 10)
- Photocopy pages 9 and 10 back-to-back, making one two-sided sheet for each child.
- Fold each sheet in half vertically, along solid line, with How to Have a Bright Smile cover on the outside.
- Cut the sheet in half horizontally on dotted line. You’ll have an equal number of English and Spanish mini-books!

**Bright Smiles Family Packet**
(In quantity of 24)
This handy packet includes a fold-out brochure that offers parent tips for helping children develop good oral health habits at home. Includes a child’s toothbrush, toothpaste sample and a coupon for a children’s oral care product.
Learning Extensions

• Create a “Classroom Smile Wall” featuring the children’s Bright Smile artwork.
• Invite a discussion about what a smile means. Encourage children to identify feeling words that go along with a smile (friendly, happy, excited).
• Take photos of each child’s bright smile. Use the photos for future artwork, a bulletin board or a note home to parents about good oral health.
• Share pictures of faces of smiling people of different cultures and different ages. Talk about how a smile means the same thing in every language.
My Bright Smile
Mi Sonrisa Brillante

Name/Nombre:
Sing-Along Activity
This is How We Brush, Brush, Brush!

Dr. Rabbit and Friends Sing-Along Songs Overview:
Dr. Rabbit and Friends Sing-Along Songs are a fun and active way to promote good oral health habits and gross motor and social skills all year long.

What

Children will talk about the steps for brushing using direction words: front, back, inside, outside, top and bottom. Then they will sing the Brush Brush Brush song and demonstrate direction words as they participate in moving to the music. Finally, they will talk about the oral health messages they learned from the song.

Getting Ready

Write the following words on large cards: top, bottom, outside, inside, front, back, tongue, teeth, cavity, fluoride, decay, germs and plaque. Gather rope and/or hula hoops. Display the Bright Smile poster and refer children back to the big book.

Optional: To promote print awareness, you may choose to write/display the song lyrics (see info on page 7) on chart paper.

How

1. As an introductory activity, read the Dr. Rabbit Wants to Say Big Book. Then, ask students to recall and explain the important oral health messages they learned from Dr. Rabbit. (brush with fluoride toothpaste after breakfast and before bedtime; brush the teeth on the top and bottom, inside and outside; brush your tongue)

2. Show the Bright Smile poster to review and reinforce the steps for brushing (side 1) and the three important oral health habits for a bright smile (side 2).

3. Use the words cards to introduce and talk about the words and their meanings.

4. Place a short rope in a straight line on the floor. Demonstrate standing in front and in back of the rope. Make a circle with the rope and demonstrate stepping or jumping inside and stepping or jumping outside the rope circle. Encourage the children to take turns demonstrating stepping or jumping to the front and back (straight rope), inside and outside (circle rope).

5. Brushing Play: Play the song Brush Brush Brush and encourage the children to sing along with the chorus. Optional: Show the song lyrics you prepared on chart paper.

6. Play the song again and encourage the children to do a different movement with each verse and chorus. Children can jump inside and outside, in front of and behind, using the circles and lines made with rope (or hula hoops).

7. Bring students back to the circle-time area to sit down and rest. Instruct them to cross their arms, placing one hand on each shoulder (opposite hand to shoulder), and breathe deeply (be sure to model relaxed breathing).

8. Invite the children to tell you the things they learned about taking care of their teeth by listening to Brush Brush Brush and participating in the activity. (don't share your toothbrush or you can give others your germs; brush twice a day with fluoride toothpaste; brushing helps fight decay; brush front, back, behind, inside, and outside of teeth — and your tongue, too.)

Teaching Tips

- Small hula hoops can be used for circles instead of rope.
- Place the poster near the toothbrushing area as a reminder of the proper steps for brushing.

Learning Extensions

- Lead a discussion about how plaque attacks our teeth for 20 minutes each time we eat a snack. Ask the children how many times they snack in one day. Add up the number of plaque attacks together and chart the results. Talk about the importance of limiting the number of times we eat snacks each day.

- Feature the Dr. Rabbit and Friends Sing-Along Songs in a learning center. Students can choose to sing and dance alone or with a partner to their favorite song(s). Encourage them to make up new dance steps, too!
More Activity Ideas . . .

for making oral health learning musical fun!

- **Plaque Attack, My Teeth, Brush Brush Brush and others.** To help children get a feel for how long to brush (2 minutes is recommended), play one of these selections and time the two minutes while children practice brushing!

- **Song of Bright Smiles.** Play this one often as a quick and fun reminder of the good oral health habits students need to practice! Encourage them to sing along as they become more familiar with the lyrics each time.

- **Yes or Sí.** A great song to enjoy during multicultural awareness activities! Encourage children to use the Spanish words in their play. Everyone can clap their hands and tap their feet along with the beat.

- **I Just Lost a Tooth.** Celebrate this special occasion by playing the song when a child loses a tooth!

- **Teeth Patrol.** Practice left and right directions with a fun marching dance! The kids will love to sing it, too!

- **“Brush Your Teeth” Rap.** Encourage children to rap along with the song. This is a great literacy builder and reinforces words such as plaque, attack, rinse, inside, outside, front, back, top, bottom and tongue.

- **Everyone Has a Smile.** Children can sing this song as a group; it is also an excellent song to use for children’s special programs. This song reinforces that a smile means the same thing all over the world. Use this song throughout the year to uplift everyone’s spirits.

**DVD Song List**

1. **Plaque Attack**
2. **Brush ’Em**
3. **Song of Bright Smiles**
4. **Plaque on the Attack!**
5. **Brush At Least Twice a Day**
6. **A Brighter Place**
7. **You Can Call Me “Dr. Rabbit”**
8. **Brush Brush Brush**
9. **Protect Your Teeth**
10. **I Just Lost a Tooth**
11. **“Brush Your Teeth” Rap**
12. **Everyone Has a Smile**
13. **My Teeth**
14. **Yes or Sí**
15. **Teeth Patrol**

**Printable Lyrics**

Visit [www.colgatebsbf.com](http://www.colgatebsbf.com), sign in and click Program Materials to find and print the song lyrics for *Dr. Rabbit and Friends Sing-Along Songs!*
Big Book Activity

Dr. Rabbit Wants to Say

Dr. Rabbit Wants to Say Overview:
Dr. Rabbit, our mascot for good oral health, teaches children about important oral health habits, including the proper way to brush, in a simple and fun rhyming story.

What

Children will make predictions and participate in a read-aloud activity by responding to teacher questions and prompts. Then, they will talk about visiting the dentist. Finally, they will role-play a typical visit to the dentist.

Getting Ready

Preview the big book, gather chart paper and markers, and set up the dramatic play area with props such as small mirrors, a chair, a white shirt for dentist coat and a bib.

How

1. Introduce the book to the class and point out the picture on the book’s cover.
2. Ask: “What do you see?” (a rabbit, a doctor, dentist) “That’s right! This is Dr. Rabbit. Why is Dr. Rabbit wearing a mask, gloves and goggles?” (because he’s a dentist; to protect his patients and himself from germs.)
3. Next, read the title again and ask: “What do you think a dentist would want to say to you?” Record children’s responses on a prediction chart. Next to each response, write the child’s name.
4. Read the story aloud. Pause and refer to student predictions as they come up in the reading.
5. Finally, invite children to share personal responses to the story or personal experiences in visiting the dentist.
6. Visiting the Dentist: Invite discussion about what it’s like to visit the dentist. Explain that during a typical visit, the dentist or dental hygienist will clean and polish their teeth and check to make sure their teeth and gums are healthy. Sometimes they might take X-rays, which show the inside of the child’s teeth. They’ll also talk with the child about ways to take good care of his or her teeth. Ask the class to share what else happens during a visit to the dentist.
7. Invite volunteers to role-play a visit to the dentist using the dramatic play area and props. One child can be the dental professional, another the patient.

Teaching Tip
Remind children not to touch inside another child’s mouth so they don’t spread germs.

Learning Extensions

• Leave the pretend dental office and props in the dramatic play area so the children can choose freely.
• Invite a local dental health professional to come in and talk about what a typical dental visit is like, show dental tools and review good oral health habits.

More on Good Oral Health!

Don’t miss the How to Have a Bright Smile reproducible mini-book beginning on the next page! Assembly instructions can be found on Page 3 of this guide.
Visit the dentist regularly.

Dibuja tu sonrisa.

How to Have a Bright Smile

Dibuja la ruta al dentista.
(and avoid plaque monsters!)

Draw Your Smile.

Como Tener Una Sonrisa Brillante

Dibuja tu sonrisa.
Brush at least twice a day with fluoride toothpaste.

Limit the number of times you eat snacks.

Connect the dots.

Cepilla por lo menos dos veces al día con pasta dental con fluoruro.

Cuenta los ataques de placa.
More Oral Health Activities

Art

- Play the song, *Everyone Has a Smile*. Then, have the children cut out pictures of different kinds of smiles from magazines to make “smile collages.” Glue pictures onto construction paper and add a photo of each child in the middle of his or her own collage.
- Set up the easel with paper, paint brushes and paints and encourage children to paint faces and people with smiles.

Music

- Use *Dr. Rabbit and Friends Sing-Along Songs* in a children’s performance for a parents’ night program.
- Add a variety of musical instruments to the music center and encourage children to play along with the music using their favorite instruments.
- Provide scarves, streamers and ribbons for children to use as they move to the music of the *Dr. Rabbit and Friends Sing-Along Songs*.

Books and Literacy

- Provide a selection of books about going to the dentist, teeth, losing a tooth, and oral hygiene. (See list at right.)
- Help children find the rhyming words in the big book and in the songs. Give examples: snack-attack-plaque-back, and night-bright-right.
- Make a “bright smile word wall” of the words used for good oral health. Use a sheet or shower curtain as a backdrop and add word cards and pictures to demonstrate the meaning of words. You can refer to the word wall when reading the big book, playing the music and reviewing the mini-video.
- Make a class journal of stories about losing a tooth or going to the dentist. Write down personal stories that children dictate as they express their experiences. Be sure to add the children’s names and date of each entry.

Math

- Children have 20 baby teeth: 10 on top, 10 on bottom. Make a model of the teeth in a young child’s mouth by gluing cotton balls onto a sturdy piece of cardboard. Have children count the number of cotton-ball teeth.
- Provide containers of items such as large beads or counting blocks. Encourage children to count out the number of items that equal the number of baby teeth (20).
- Invite children to arrange blocks in small semi-circles to represent teeth. Point out that every tooth on the top half of a mouth has a matching tooth on the bottom to help chew foods. Remind them to count!

Science

- Add books and pictures of animal mouths and their teeth to the book area. (See list at right.) Encourage children to explore what is alike and different about the animal’s teeth. Talk about what teeth help the animals do.

Children’s Books about Animal Teeth

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Let’s Look at Animal Teeth</em> (Pebble Plus)</td>
<td>Perkins and Wendy</td>
</tr>
<tr>
<td><em>Teeth, Tails and Tentacles</em></td>
<td>Sneed B. Collard and Phyllis V. Saroff</td>
</tr>
</tbody>
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Children’s Books about Oral Health

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Brush Your Teeth Please</em></td>
<td>Hefty Publishing Company</td>
</tr>
<tr>
<td><em>Dragon Teeth and Parrot Beaks</em></td>
<td>Almute Grohmann</td>
</tr>
<tr>
<td><em>My Dentist, My Friend</em></td>
<td>P. K. Hallinan</td>
</tr>
<tr>
<td><em>Ready, Set, Brush: A Pop-Up Book</em> (Sesame Street)</td>
<td>Che Rudko and Tom Brannon</td>
</tr>
<tr>
<td><em>Tooth Fairy Tales</em></td>
<td>Deb Capone</td>
</tr>
<tr>
<td><em>Tooth Tales from Around the World</em></td>
<td>Marlene Targ Brill</td>
</tr>
<tr>
<td><em>What to Expect When You Go to the Dentist</em></td>
<td>Heidi Murkoff</td>
</tr>
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Experience a World of Bright Smiles . . . Online!

Colgate's education website, www.colgatebsbf.com, provides classroom teachers across the country with free educational materials that make it easy to tie oral health education into the core curriculum all year long.

Download activity guides, print out classroom activities and Dr. Rabbit and Friends song lyrics, and watch Dr. Rabbit Comes to School!

And now, you and your students can also enjoy the How to Have a Bright Smile Mini-Video online in class or at home!

The Bright Smiles, Bright Futures Education Community

For Teachers:
- Dr. Rabbit Comes to School movie and How to Have a Bright Smile Mini-Video
- Dr. Rabbit and Friends Sing-Along songs and lyrics
- Printable activities

For Kids:
- Dr. Rabbit Comes to School movie and How to Have a Bright Smile Mini-Video
- Online games and printable activities
- Art Gallery featuring art by children from around the world

For Families/caregivers:
- Oral Health Information and a 3-D Guide to Brushing
- How to Have a Bright Smile Mini-Video
- Online and printable family projects

For school nurses, dentists, and others who work with children:
- Online articles
- Printable take-homes and activities for children/families

Log on today!
Using www.colgatebsbf.com is easy. Here’s what you do:
- Go to www.colgatebsbf.com . . .
- Register for access to FREE materials . . .
- And you’ll be on your way to bringing a world of Bright Smiles right to your computer!

Spread the Word
Colgate’s education website, www.colgatebsbf.com, offers materials for educators working with students from Pre-K through 3rd Grade. Be sure to spread the word to your colleagues!

Engage Families
Don’t forget to invite students and their families to go online, too. It’s the perfect family activity to enjoy together — especially during Children’s Dental Health Month in February!

In accordance with child privacy laws, no personal information is gathered from your students.