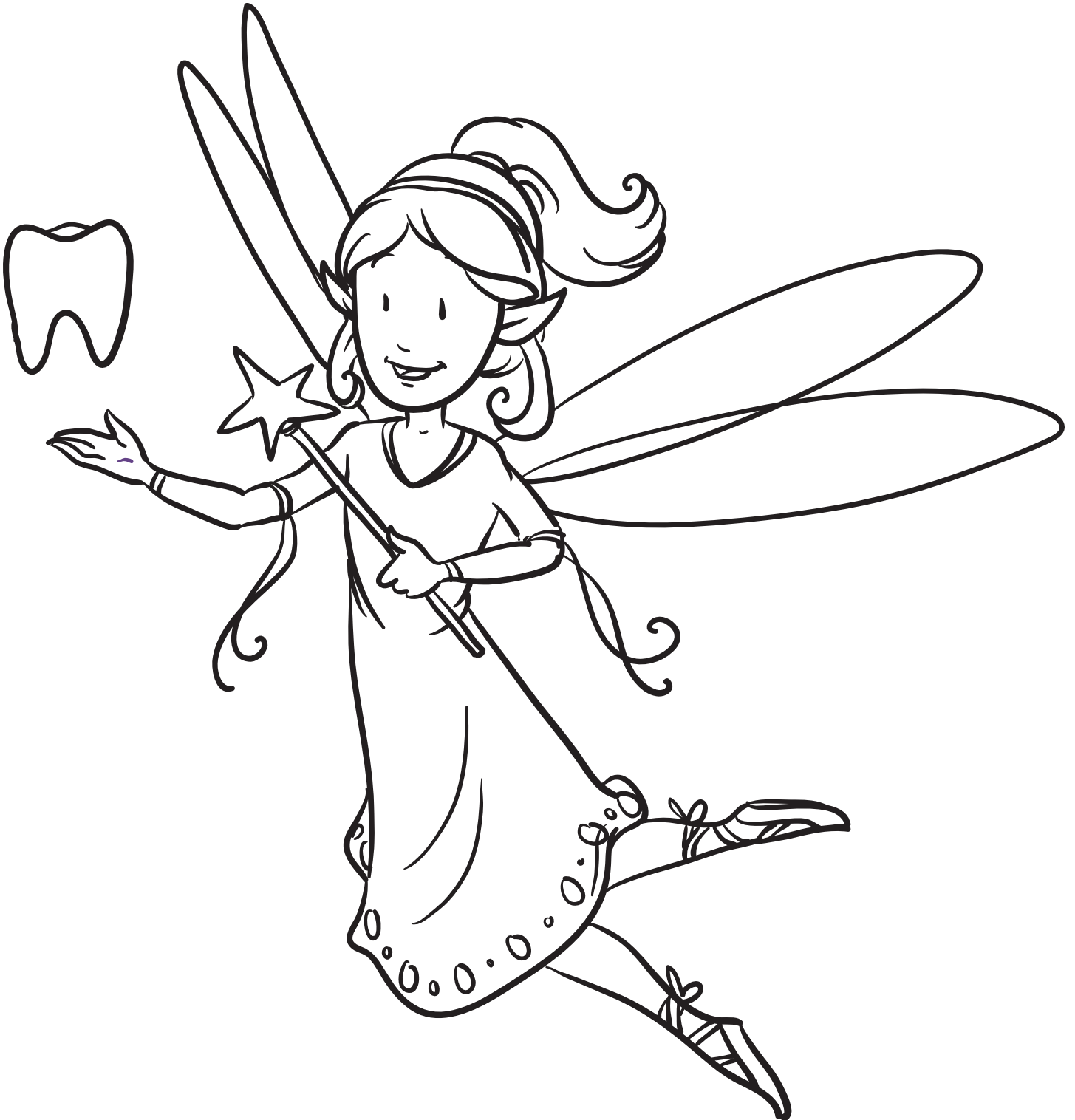


Color the Tooth Fairy. On the back of this paper, write a letter to the Tooth Fairy.
Tell her what you have learned about taking care of your teeth.



Mail your letter to: America's Tooth Fairy, 4108 Park Road, Suite 300, Charlotte, NC 28209



Color the star on the days you brush your teeth 2 times for 2 minutes.



This chart belongs to: _____

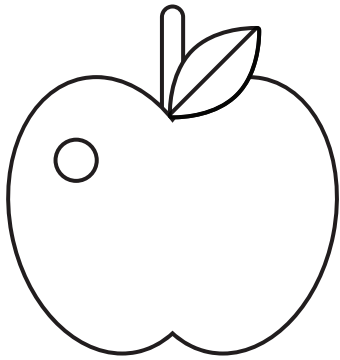
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1	★	★	★	★	★	★	★
week 2	★	★	★	★	★	★	★
week 3	★	★	★	★	★	★	★
week 4	★	★	★	★	★	★	★



National Children's Oral Health Foundation®

Download more fun activities at:
www.AmericasToothFairy.org/our-programs/printed-downloadable-educational-materials

Color the food. Put an X over the sticky or sugary foods that are not good for your teeth!



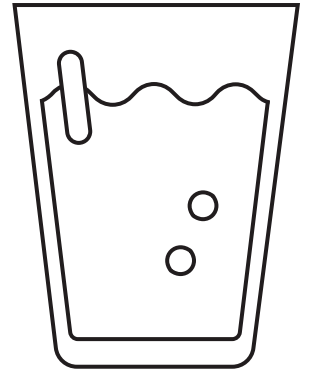
apple



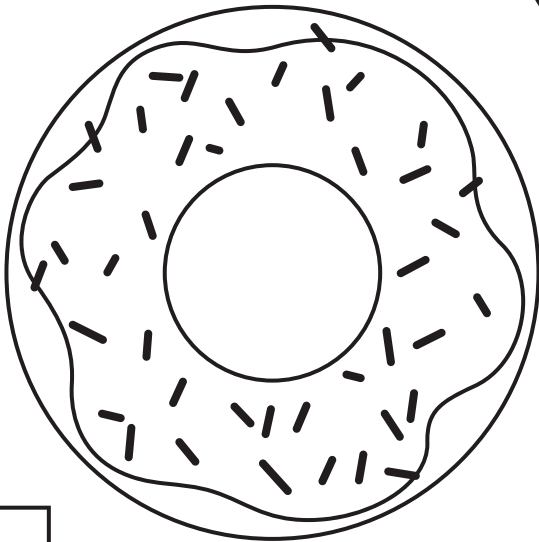
candy



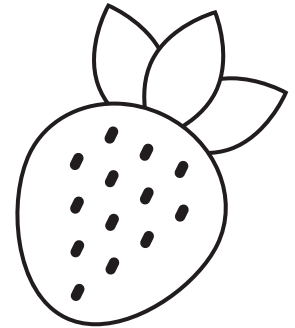
cake



water



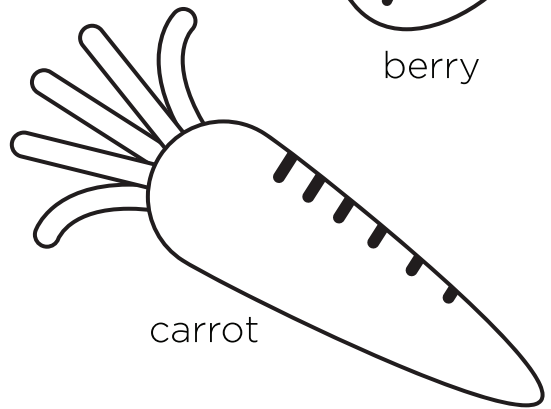
donut



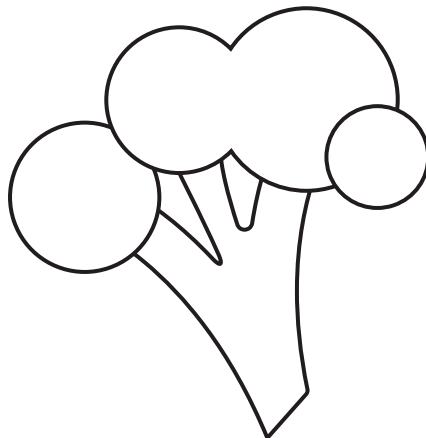
berry



soda



carrot



broccoli



watermelon



Color the BIG FOUR!

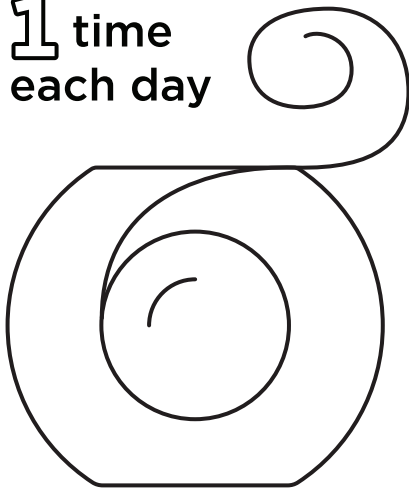
① BRUSH

2 times each day for 2 minutes



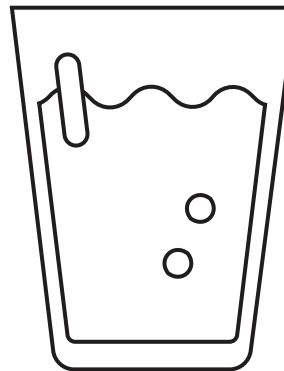
② FLOSS

1 time
each day



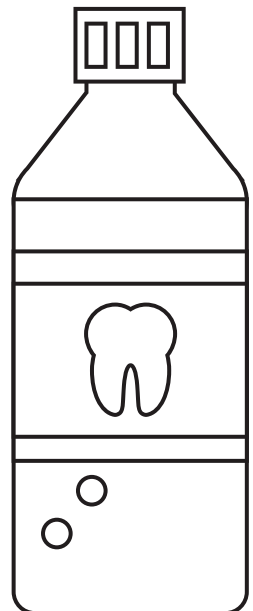
③ RINSE

with:



water

or



mouthwash
(children 6+)

④ REPEAT

every day!



Can you find all the oral health words listed below?
(Search horizontally, vertically, diagonally and backwards.)

M U U B M D W T E I P P W E R Y T Y Y S Z I
X O X A K D M I A H L U N L D A U H I Y J J
X J U C N S M X N F V O K O G C O T G H X E
W G U T S T S I T N E D Y C I E B L M B X V
B B U E H P P E T H F J Z D E D Z A F G E S
T T R R K W E P T H A O R B W H E E Q Y R I
R X J I R U A F A Y T H C L Q H C H V E E B
P K G A Q K L S A J E O D A N V X F T T Z F
C P A A Y O D I H T J S O S C Y V A E Q S K
Y A L W S O J P S B F F C T I C W Y N G X U
R P V S K O A A K R L T O O T H B R U S H Y
I J O I H B P Y G U A M D M G N B R A I K O
A U Z B T H J M O S U W G D F U T O N G U E
F E K L T Y F R W H R S L E D S R I J A X B
H X I O L J I I G J W J X J G X J N U B I D
T E O K R D K Y W J B U X M D Q R Q C L R R
O T K G E A O J C X Z Y U Q S K V A N I E Z
O D G U M S P H A X V E W E S N I R Y V P K
T Z N S U V J L Y R G X T V U K X W K M H G
T F D R Y K H G E B U X I Q F L L K T F Z F

dentist
brush
floss
rinse
tooth

plaque
decay
tooth fairy
bacteria
check up

gums
tongue
tooth paste
toothbrush
fluoride

mouthwash
x-ray
cavity
healthy
water

