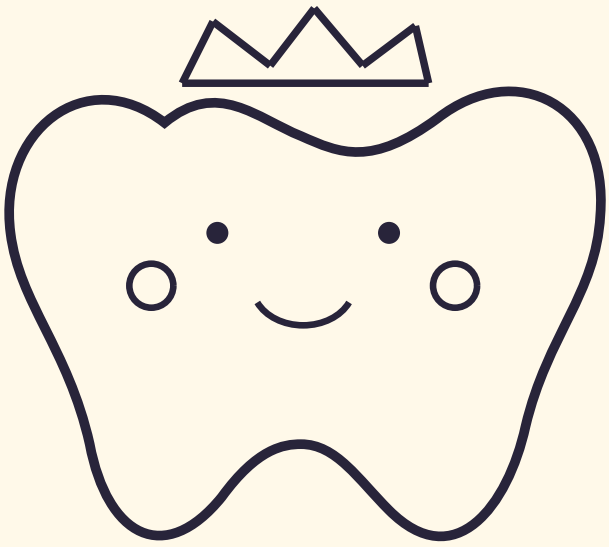
THE SPARKLE SMILE SERIES

PRINTABLE ACTIVITIES PACK

Fun little activities for big, healthy smiles!



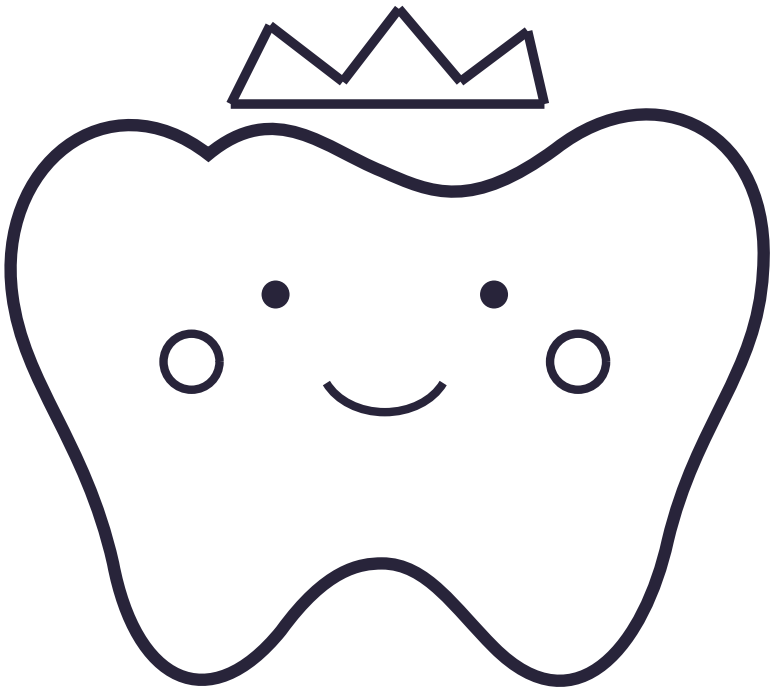
Colour • Think • Match • Create

Designed for little explorers aged 3–7

1. Colour Tina’s Sparkling Smile

Give Tina your brightest colours. Then draw a magical background!

Name: _____ **Date:** _____



My favourite colour for Tina is _____

2. Sugar Monster’s Food Detective

Circle the foods and drinks that are best kept as occasional treats.

Name: _____ **Date:** _____

Look at each picture-word. Circle the ones that can contain lots of added sugar. Then put a star beside a tooth-friendly everyday choice.

- ◯ **APPLE**
- ◯ **WATER**
- ◯ **CANDY**
- ◯ **SODA**
- ◯ **CARROT**
- ◯ **CAKE**
- ◯ **PLAIN MILK**
- ◯ **SWEET BISCUIT**

A healthy smile tip:

Choose water often and enjoy sweet treats only sometimes.

3. Plaque Patrol: Match the Tools

Draw a line to match each item with what it helps us do.

Name: _____ **Date:** _____

TOOTHBRUSH	Help clean between teeth
TOOTHPASTE	Brush teeth
WATER	Drink and stay hydrated
DENTAL FLOSS	Help clean teeth

Hint: Each tool has one matching job.

4. My Sparkle Smile Routine

Tick each box when you complete the habit.

Name: _____ **Date:** _____

- ☐ I brushed my teeth in the morning.
- ☐ I brushed my teeth before bedtime.
- ☐ I used a pea-sized amount of toothpaste (with an adult's help).
- ☐ I drank water during the day.
- ☐ I chose a tooth-friendly snack.

I am proud of my healthy smile because…

_____

5. Design a Healthy Smile Poster

Draw a picture that reminds everyone how to care for their teeth.

Name: _____ **Date:** _____

My healthy smile message:

_____

6. Find the Smile Words

Find and circle the five hidden words. Words go across from left to right.

Name: _____ **Date:** _____

B	**R**	**U**	**S**	**H**	**X**	**W**	**A**	**T**	**E**	**R**
T	**O**	**O**	**T**	**H**	**X**	**S**	**M**	**I**	**L**	**E**
F	**L**	**O**	**S**	**S**	**X**	**X**	**X**	**X**	**X**	**X**
X	**X**	**X**	**X**	**X**	**T**	**E**	**E**	**T**	**H**	**X**
X	**X**	**X**	**X**	**X**	**X**	**X**	**X**	**X**	**X**	**X**
X	**X**	**X**	**X**	**X**	**X**	**X**	**X**	**X**	**X**	**X**

Words to find:

BRUSH WATER TOOTH SMILE FLOSS

Bonus: Which word reminds you of your favourite healthy smile habit?