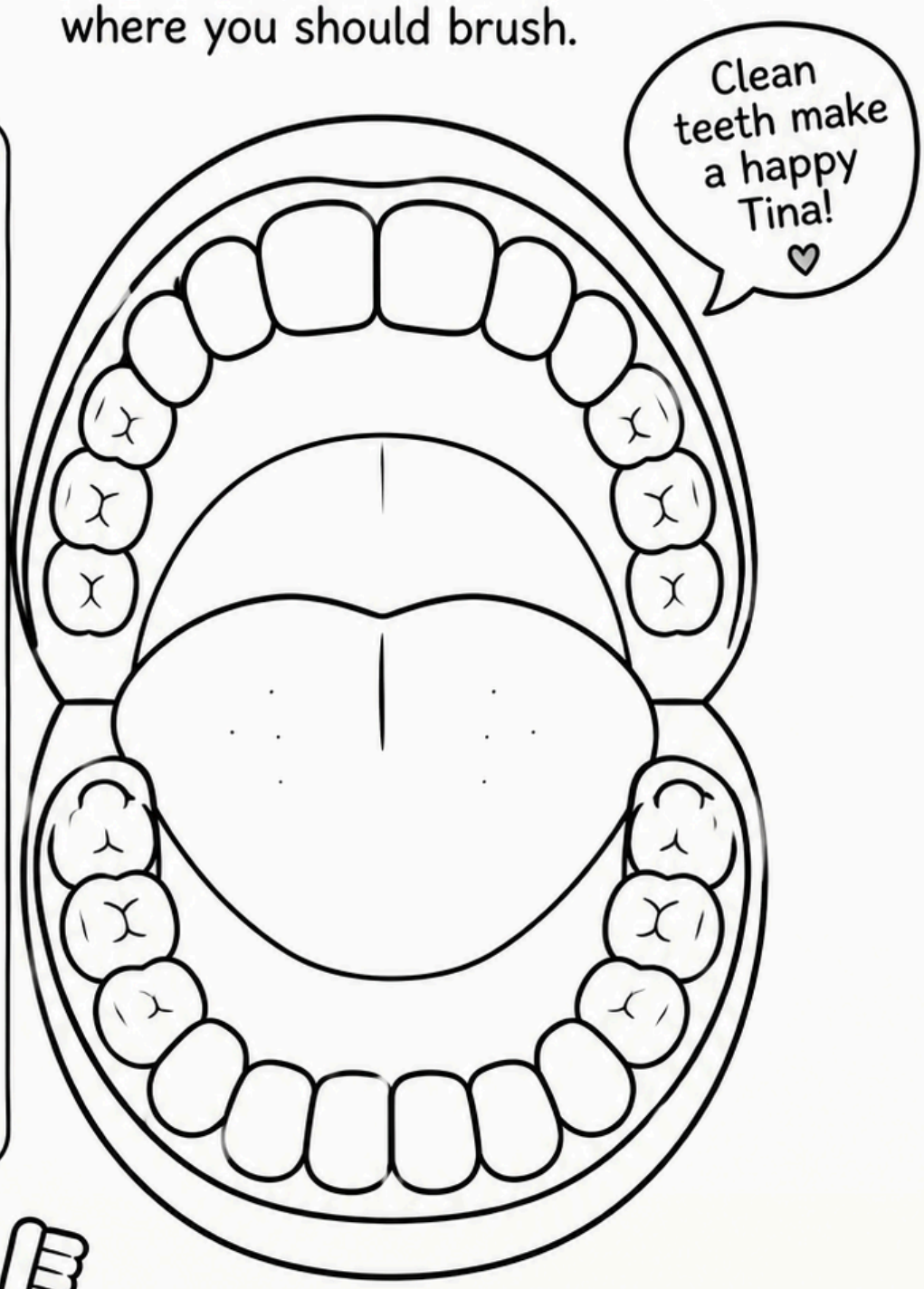
The Sparkle Smile Series

Brush Every Tooth!

Look at Tina's teeth. Colour the parts where you should brush.



Brush all sides!

- ○ **Top** (chewing surface)



- ○ **Front** (outside)



- ○ **Back** (inside)



- ○ Don't forget the molars!





Quick brushing tips:



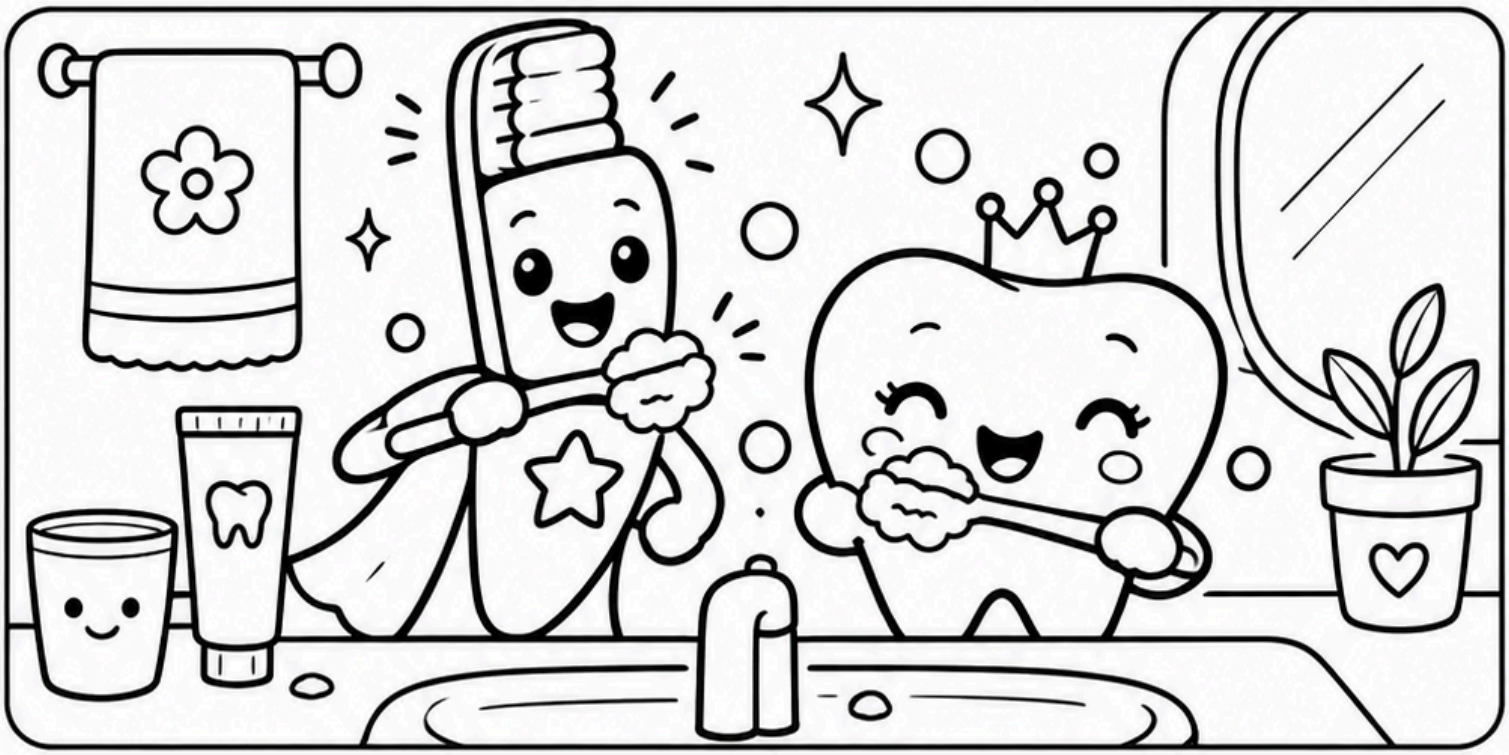
- Use a soft toothbrush.
- Brush for 2 minutes.
- Use a pea-sized amount of toothpaste.
- Brush twice a day – morning and night!

The Sparkle Smile Series

Spot the Differences!

Look carefully at the two pictures.
Can you find **5** differences?

Circle the **5** differences!





Brush twice a day –
to keep your smile bright!

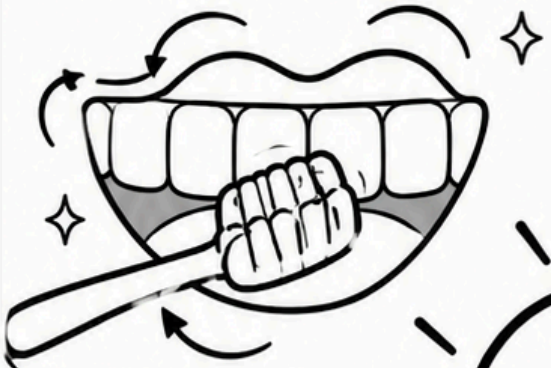
The Sparkle Smile Series

Help Tina Brush!

Can you help Tina brush every part of her smile?

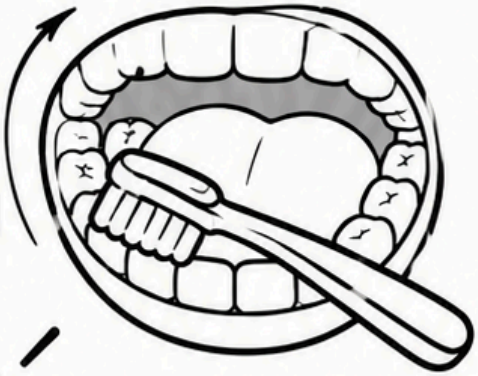
1 Front

Brush the front of your teeth in gentle circles.



2 Back

Don't forget to brush the back of your teeth.





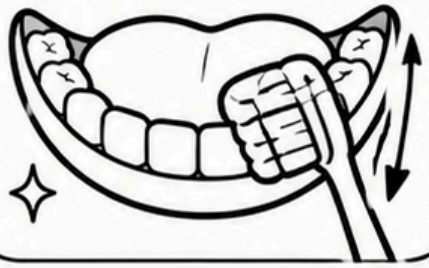
3 Top

Brush the top (chewing surface) of your teeth.



4 Bottom

Brush the bottom teeth gently.



5 All around!

Brush all sides — front, back, top and bottom to keep your teeth clean and healthy.





Put a ☆ next to each part you remember to brush!

Brush twice a day — in the morning ☼ and at night ☾ to keep your smile healthy and bright!



The Sparkle Smile Series

Brush Every Tooth!

Colour the teeth and follow the arrows to brush all the surfaces.



Brush for 2 Minutes!



Great Job!

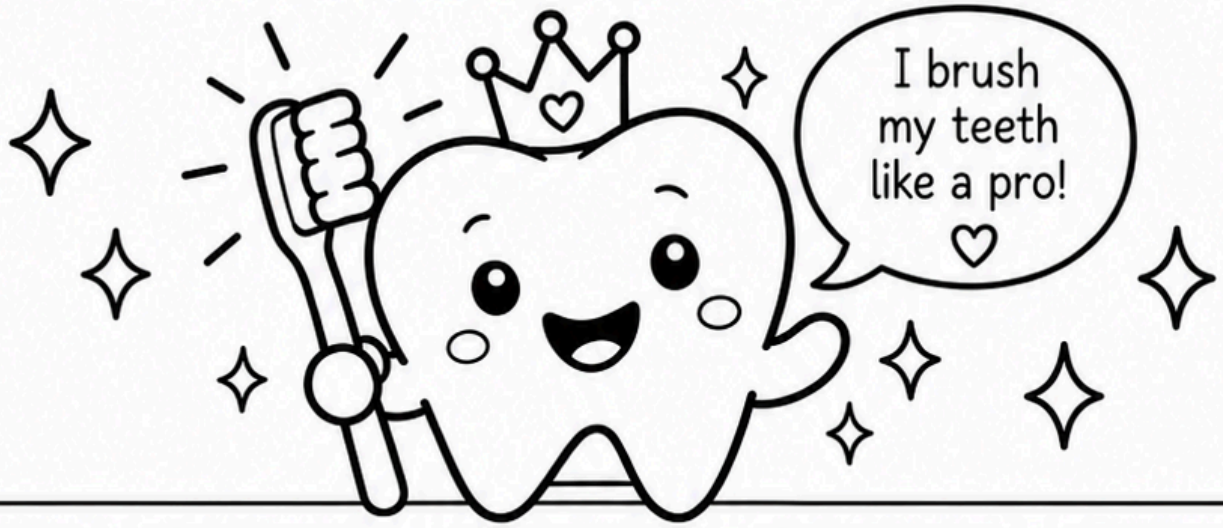
You are on your way to a Sparkle Smile!

The Sparkle Smile Series

Put the Steps in Order!

Number the steps **1 to 5**

Help Tina put the brushing steps in the right order.
Cut the pictures below and paste them in the boxes.



1	2	3	4	5

Cut out the pictures below and paste them in the correct order.


You now have a clean and sparkling smile!


Rinse your mouth with water.


Put a small amount of toothpaste.


Clean your toothbrush.


Brush all parts of your teeth.



Follow these brushing steps twice a day for a happy and healthy smile!



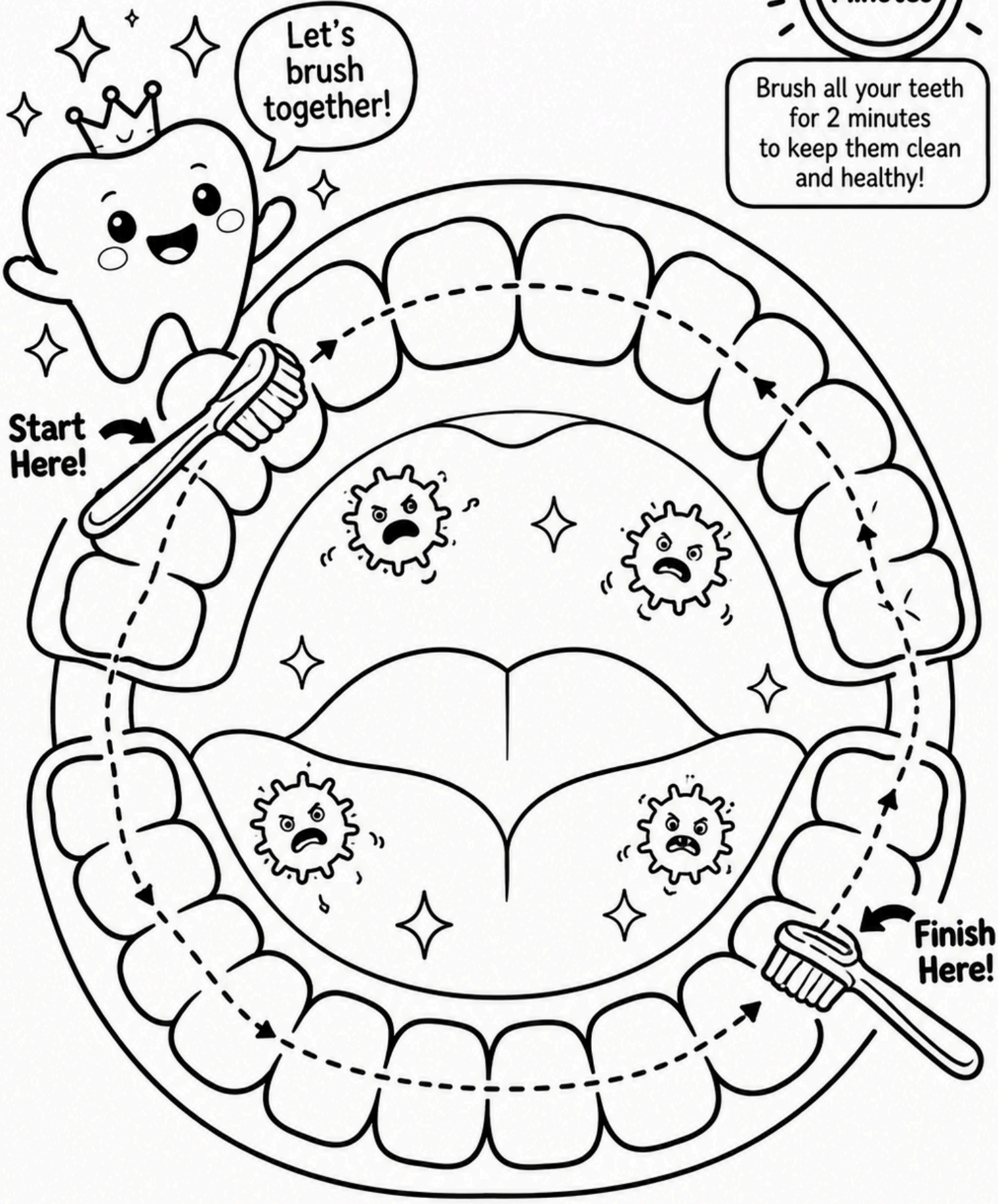
The Sparkle Smile Series

Help Tina Brush!

Follow the toothbrush to help Tina clean all her teeth.

2 Minutes

Brush all your teeth for 2 minutes to keep them clean and healthy!



The Sparkle Smile Series

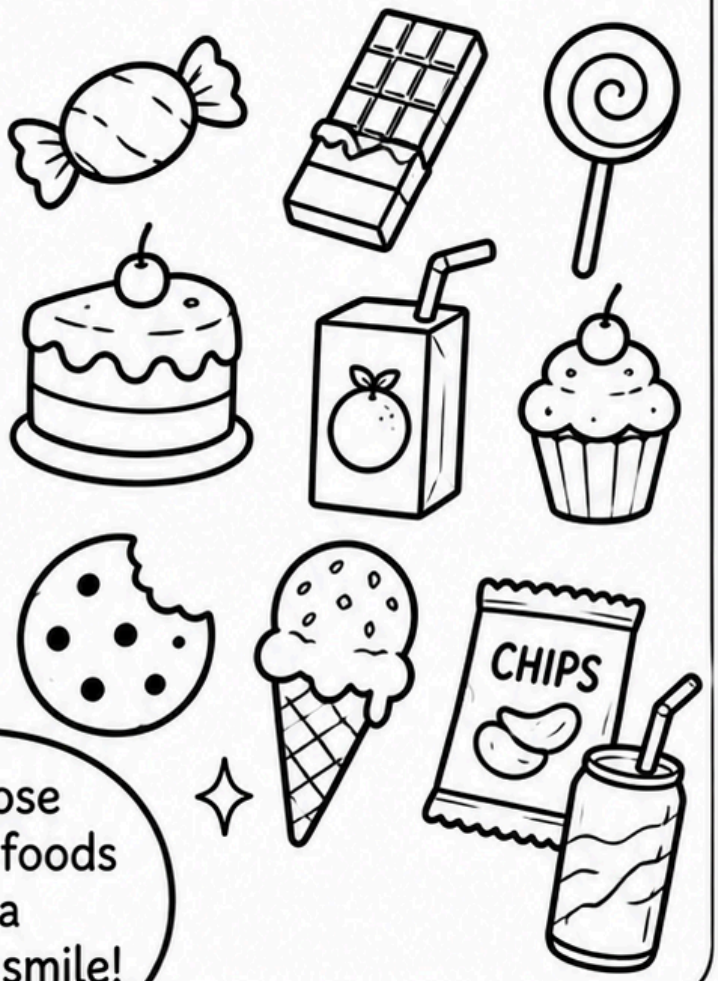
Find and Circle

Help Tina find the things that are good for her teeth. Circle all the healthy choices!

Good for Teeth
Find and circle these!



Not Good for Teeth
Find and circle these too!



I choose healthy foods for a sparkle smile!



Can you name 3 healthy foods for teeth?

1. _____
2. _____
3. _____

Healthy food + Brushing twice a day = A Happy and Strong Smile!

The Sparkle Smile Series

Captain Sparkle's Brushing Maze!

Help Captain Sparkle reach Tina the Tiny Tooth!



START

FINISH





Brush twice a day
to keep Tina sparkling!

