



THE CRUNCH

Theme: Oral Health
APRIL 2022

We've compiled a bitesize list of activities for your children to get their teeth into.



Reading

This month we want to talk about oral health!

Discuss:

1. Why is a healthy mouth important?
2. What do we need to do to maintain a healthy mouth?

Now watch this [video](#) and discuss:

3. What should you not do after spitting out toothpaste? Why?
4. When is the best time to eat food and drinks containing sugar?



Creative

The children can create a computer generated pledge then create a collage or a group photo of everyone's pledges.



Wellbeing

It is important to look after ourselves and get plenty of sleep. Encourage children to try these [yoga moves](#) at home to aid sleep.



Writing

Pledge Time!

Ask the children to pledge to change some of their habits to improve their oral health. See these [pledges](#) for ideas.



Maths

Toothbrushing Test!

How good is everyone at toothbrushing? Try using disclosing tablets! Available at most pharmacies or dental practices. Children need consent first – it may be easier for an adult to use the tablet instead. Ask the children to predict the results! They could draw a picture of before and after.



Further Ideas check out the below links:

Free downloadable version of our [Teeth Tools Resource Pack](#) for Teaching staff.

Our website: <http://www.nottinghamoralhealth.com/>

