



Be Well



30 minutes



Jump straight in



## BROWNIES

# Shiny teeth

### What you'll need:

- One sticky note (optional)

### Aim of activity

Play a wink murder style game and become the dentist!

- 1 Count how many teeth you have. Everyone will have different numbers as your adult teeth will be coming through at different times.
- 2 In small groups, chat about how you should look after your teeth. Share one tip with everyone.
- 3 Now all smile as widely as you can. Your leader will pick the person with the biggest smile to be the dentist. The dentist then needs to leave the meeting space. While they're out of the room, choose someone to be the plaque. Plaque is a sticky film on your teeth. It is made up of mainly bacteria, which can cause tooth decay. Everyone else is teeth.

- 4 Now choose a movement or subtle signal, like a smile or a wink, to show that the plaque has caught the teeth. Invite the dentist back into the room.

- 5 The dentist needs to figure out who the plaque is. Teeth and plaque, you can move around your space however you like. When the plaque gives the secret signal to a tooth, that person must do their best tooth decay impression and fall to the floor. Don't give away who the plaque is! The plaque can catch multiple teeth.

- 6 How quickly can the dentist figure it out? Play a few more times with different dentists and plaques. Change the secret signal each time. Which dentist finds the plaque fastest?

- 7 Finish the game and come back together. Think about one thing you could do to improve your dental hygiene, for example, timing your teeth brushing for two minutes.

### Take it further

Bring in new challenges, like more than one dentist or plaque, or add a toothbrush who can bring caught teeth back into the game. Put a sticky note in one corner: this is the toothpaste refill. The toothbrush must go back and touch the toothpaste before saving another tooth.

### Teeth care

You should always ask a dentist about how to best care for your own teeth, but here are some useful tips:

- Brush your teeth twice a day with toothpaste for two minutes to remove plaque and food particles
- Floss between your teeth to remove any food stuck there
- Try not to eat too much sugar as this can damage your teeth
- Have regular check-ups with your dentist to make sure all your teeth are in great condition