

Healthy Movers

Smiley Brush Brush



**Photocopy me to share
with parents and carers**

Parents/Carers

This week we are playing the Smiley Brush Brush activity card. This activity will be getting the children active and their hearts pumping. The rhyme will help them to learn about good teeth brushing habits.

Ask your child to:

- ☐ tell you all about teeth brushing and good oral hygiene;
- ☐ show you at bedtime and in the morning how much paste they need on their brush (pea sized ball); and
- ☐ keep brushing and guess when 2 minutes is up (you can time them).

Children learn from imitation and copying, so try brushing your teeth with your children, this can help them to make sure they brush ALL their teeth well!



Healthy and Happy me

Smiley Brush Brush helps children learn key messages about oral health.



Social me

This activity involves children playing and travelling together in unison.



Physical me

Smiley Brush Brush provides opportunities for children to move sideways, forwards, backwards and up and down. This will help to develop their physical literacy.



Creative me

This activity helps children to role play teeth brushing, which in turn can help them to form good oral hygiene habits.



Thinking me

This game helps children with sequencing, ordering and routines.



Did you know?



Poor oral health can affect children's and young people's ability to sleep, eat, speak, play and socialise with other children*. Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable.

***Nuttall, N. & Harker, R. Impact of Oral Health: Children's Dental Health in the United Kingdom, 2003. (2004).**