



Each of the SMILERS ways can help to boost our wellbeing and all can be done in ways that has an impact on our oral health.

Challenge: Can you complete all the challenges below?



ACTIVITY 1: STAY CONNECTED

Read the poem:

A Smile by Jez Alborough

Smiling is infectious,
you catch it like the flu.
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled, I realised
I'd passed it on to him.

I thought about my smile and then
I realised its worth.

A single smile like mine could travel
right round the earth.

If you feel a smile begin
don't leave it undetected.
Let's start an epidemic quick
and get the world infected!

Challenge: Can you think of ways of passing a smile by doing or saying something kind? It could change someone's day.

Challenge: Spin the wheel: Pass the Smile. Can you make your own wheel?



ACTIVITY 2: MOVE

Did you know you should brush your teeth for two minutes?

Challenge: Watch the dance video which takes two minutes. Can you copy the moves?

Choose songs that you can then brush your teeth to or download the FREE Brush DJ app.



ACTIVITY 3: INTEREST

Challenge: Watch the video closest to your age.

What new facts have you heard?



ACTIVITY 4: LOOK

WOW moments. 😲

Challenge: Notice the things that make you smile or make you feel happy.

Write them down or add them to a jar.

At the end of the week or month choose your top five.





ACTIVITY 5: EATWELL

The plaque on our teeth (a soft, sticky substance) contains bacteria. Bacteria feed on sugar from food and drink and produce plaque acid. This makes holes (cavities) in teeth. To protect teeth, we need to try to keep sugary food and drink to mealtimes.

Challenge: Try out this egg experiment: <https://fun-science.org.uk/teeth-experiment/>

Challenge: Can you set yourself a goal to reduce the amount of orange juice, cordial, or fizzy drinks you drink in between meals and drink more water instead?



ACTIVITY 6: REST

We all have a sleep routine which should include brushing our teeth before bed.

Challenge: Can you create your own sleep routine story map?

Look at this example to inspire you to get creative: [Sleep Story Map](#)

Can you build yourself a happy place that will help you feel relaxed?



TASK 7: SUPPORT

It is important to get regular teeth check-ups at the dentist.

If you feel in pain, it is important to tell someone.

Did you know dentistry is free until you are 18 years old?

Click here to find your nearest dentist:
www.nhs.uk/service-search/find-a-dentist

What's the best time to go to the dentist?
Tooth hurty 😬

Challenge:
Can you find more jokes related to teeth?
Choose your top three and share with your teacher/friends.



DERBYSHIRE
County Council

Let's talk teeth

Get lots of advice on how to keep your smile in top condition.

www.derbyshire.gov.uk/oralhealth