Have you brushed your teeth twice today? Color in the boxes once you finish brushing!

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
</tr>
<tr>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
</tr>
<tr>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
</tr>
<tr>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
<td>☀️</td>
<td>☔️</td>
</tr>
</tbody>
</table>

Visit [MouthHealthy.org/ToothTeam](http://MouthHealthy.org/ToothTeam) for more activity sheets.

**HEALTHY SMILE TIPS**

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverage and snacks.
- See your dentist regularly for prevention and treatment of oral disease.
Brush your teeth twice a day with a fluoride toothpaste.

Clean between your teeth daily.

Eat a healthy diet that limits sugary beverage and snacks.

See your dentist regularly for prevention and treatment of oral disease.
Can you help the Tooth Team brush my teeth so I can have a healthy smile?

Visit MouthHealthy.org/ToothTeam for more activity sheets.

HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverage and snacks.
- See your dentist regularly for prevention and treatment of oral disease.
HEALTHY SMILE TIPS

3. The hard outer layer of a tooth is ______.
8. A ______ is a hole in your tooth.
9. Use toothpaste with fluoride to help prevent ______.

11. Clean between your teeth with dental ______.
12. Wear a ________ while playing sports to protect your teeth and mouth from injury.

1. Bacteria is another name for ______.
2. ______ helps protect your teeth from cavities.
4. ______ is a sticky film that if left on your teeth can lead to cavities.

5. ______ teeth are your first teeth.
6. Special pictures of your teeth that the dentist takes are called ______.
7. ________ washes away food and particles from your teeth and gums.

10. Brush your teeth for ______ minutes two times a day.

Visit MouthHealthy.org/ToothTeam for more activity sheets.