

# Toothy Tales: Johnathan's Dental Adventure

Story and Activity Book



NAME:.....



***Because we care...***

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**Resource created By Chantelle Green**

The purpose of this activity book is to help educate and promote good oral hygiene habits in children, and that maintaining proper dental care is crucial for their overall health and well-being.

Meet Johnathan, a  
happy little boy who  
loves to smile and  
laugh!



Every morning, Johnathan starts his day with a bright smile by brushing his teeth. He uses a toothbrush and toothpaste to make sure his teeth stay strong and healthy.



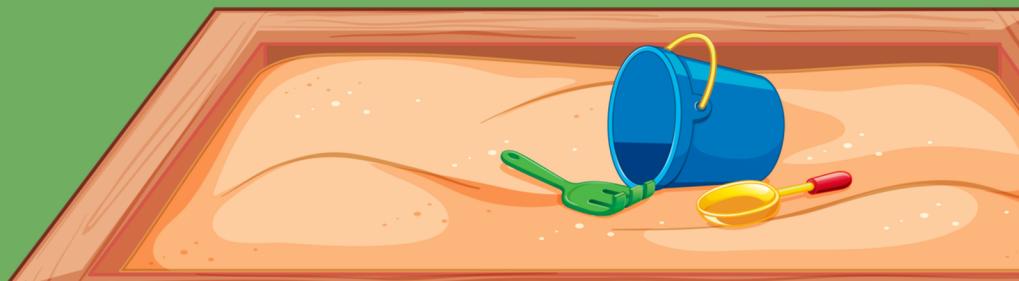
Once Johnathan finishes brushing his teeth he reaches for his trusty floss and carefully glides it between each tooth, removing any leftover food.



Johnathan knows that eating fruits and vegetables helps keep his teeth strong too! Crunchy foods like apples and carrots are like little toothbrushes for his teeth.



Johnathan loves playing with his friends outside, but sometimes, sweet treats sneak into their adventures. Ice cream, cookies, and candy are yummy, but Johnathan remembers to enjoy them in small amounts.

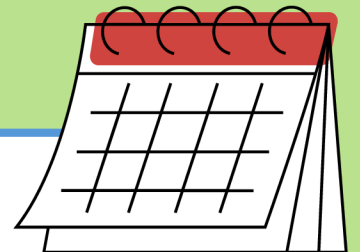


# Visiting the Dentist



What do dentists do?


- Dentists are like **tooth doctors**.
- They check your teeth to make sure they are **strong** and clean.
- They fix any problems with your teeth and help you keep them **healthy**.



When to visit the dentist?

- You should visit the dentist at least **once** a year, but it's even better to go **twice** a year.
- You should also go to the dentist if you have a toothache or if your teeth feel sensitive.

One day, Johnathan feels a little ache in his tooth. He tells his parents, and they know just what to do – it's time for a visit to the dentist!

A cartoon illustration of a young boy with dark skin and black hair, looking distressed with a pained expression. He is wearing a blue t-shirt with a yellow horizontal stripe. The illustration is set against a light green circular background.

"Ow, my tooth hurts!"

At the dentist, Johnathan meets Dr Smiles, who has a big friendly smile and a gentle touch. Dr Smiles checks Johnathan's teeth and tells him he's doing a great job with his tooth care! She explains that Johnathan's tooth is a little bit sore because one of his baby teeth is wobbly!



Dr Smiles explains there is nothing to worry about as the tooth will come out all by itself. Dr Smiles also teaches Johnathan some tricks to make his toothbrushing even better. She shows Johnathan how to brush in circles and reach all the way to the back of his mouth.



After his dentist visit, Johnathan feels proud of his shiny, clean teeth! He promises Dr Smiles that he'll keep up his good habits of brushing, flossing, and eating healthy foods. He knows that visiting the dentist helps keep his teeth strong and his smile bright!



So remember, boys and girls, with regular brushing and flossing, healthy eating, and visits to the dentist, you can keep your smiles super bright too!



Back at home, Johnathan shares his dental adventure with his family. They all agree that taking care of your teeth is super important, and a trip to the dentist is nothing to fear. It's all part of keeping those smiles super bright!



# Bible Verses



## 1 Corinthians 10:31

"So whether you eat or drink or whatever you do, do it all for the glory of God."

- This verse teaches us that we should take care of our bodies and our health as a way to honour God.

## 1 Corinthians 6:19

"Do you not know that your bodies are temples of the Holy Spirit?"

- This verse reminds us that our bodies are important to God and we should take care of them.

## Philippians 4:13

"I can do all things through Christ who gives me strength."

- This verse reminds us that with God's help, we can take care of our bodies and be strong and healthy.

Join **Johnathan** on his  
**adventure** and **discover**  
how you can keep your  
**teeth healthy, clean and**  
**sparkling!**



# Healthy Teeth Student Workbook



Name \_\_\_\_\_



# How to keep your teeth healthy

1



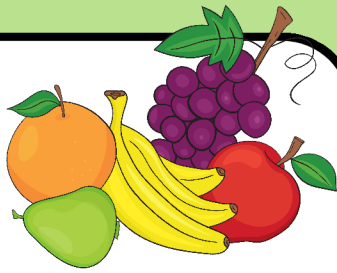
Brush your teeth  
with toothpaste  
every morning  
and night.

2



Remember to  
floss your  
teeth every  
day!

3

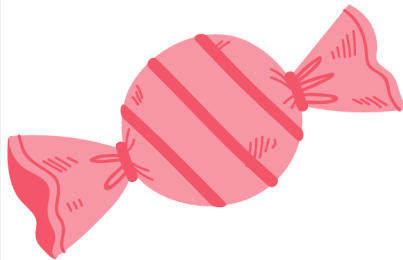
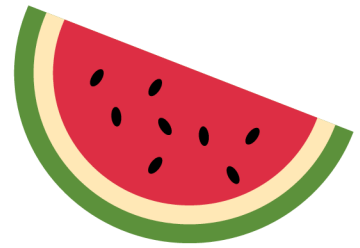
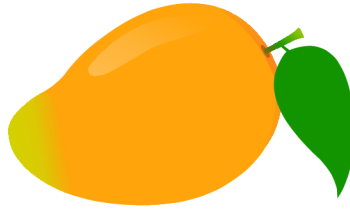
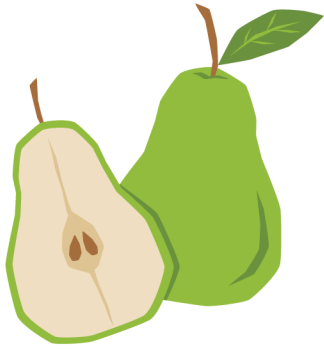
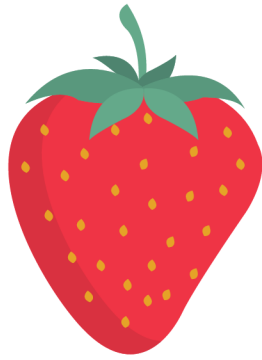


Eat healthy  
foods and  
drinks.

4



Visit the  
dentist  
regularly.





# Foods which are **bad** for your teeth



A large, empty white rectangular box with rounded corners and a black border, intended for pasting cut-out images of unhealthy foods.

Cut out the unhealthy foods and glue here.

# Foods which are good for your teeth



A large, empty white rectangular area with rounded corners, intended for pasting cut-out images of healthy foods.

Cut out the healthy foods and glue here.

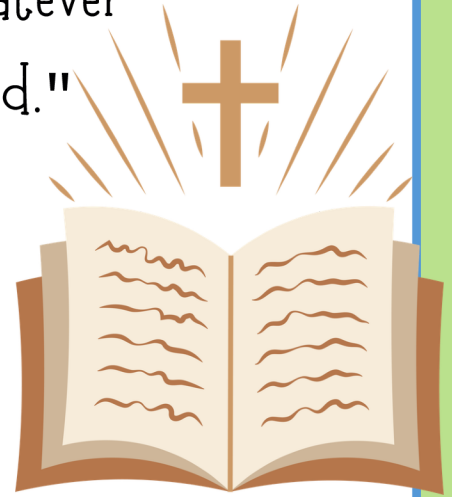
# What does the Bible say?

1 Corinthians 10:31

"So whether you eat or drink or whatever you do, do it all for the glory of God."

Philippians 4:13

"I can do all things through Christ who gives me strength."



**1 Corinthians 6:19**

"Do you not know that your bodies are temples of the Holy Spirit?"

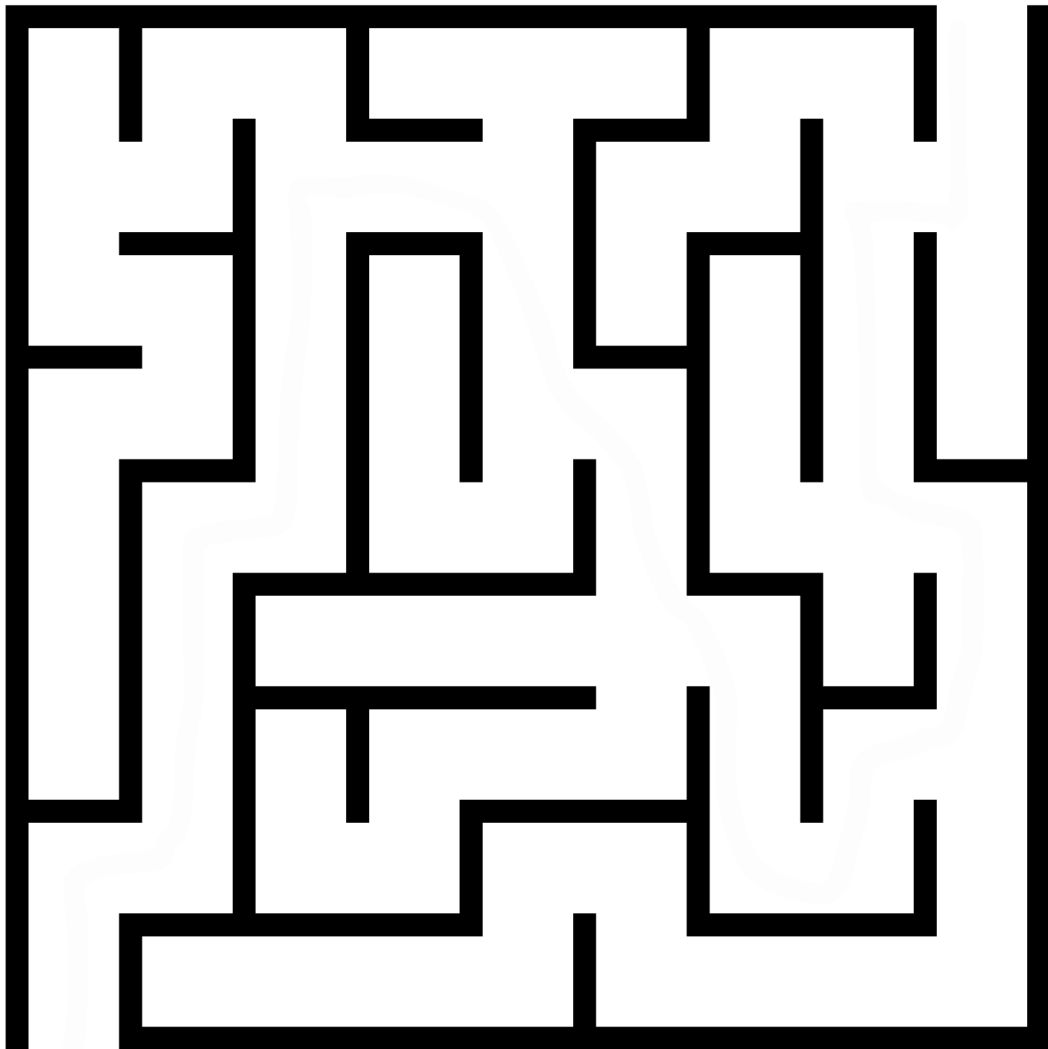
- This verse reminds us that our bodies are important to God and we should take care of them.

# Fast Finisher Activity: Dental Maze

Help toothbrush get to toothpaste!



start



finish



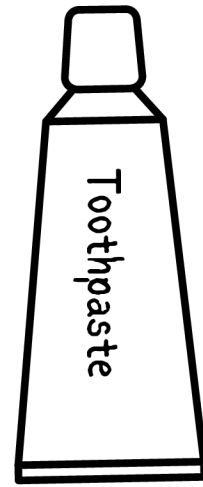
# Fast Finisher Activity: Dental Health Colouring-in



tooth



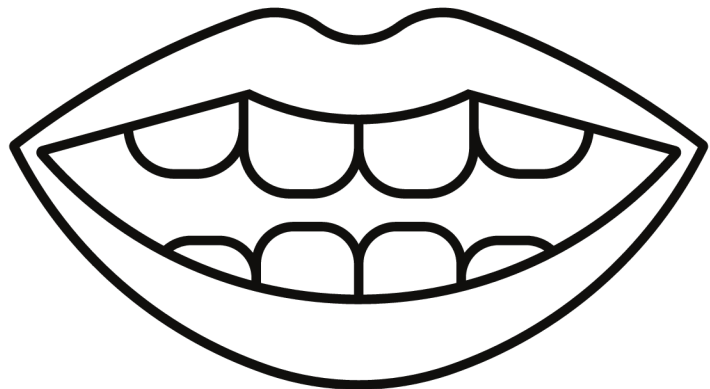
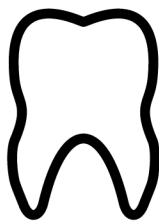
toothbrush



toothpaste



dentist



mouth

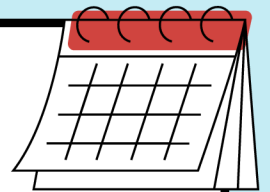
# Visiting the Dentist



## What do dentists do?

- Dentists are like *tooth doctors*.
- They check your teeth to make sure they are *strong and clean*.
- They fix any problems with your teeth and help you keep them *healthy*.

## When to visit the dentist?



- You should visit the dentist at least *once a year*, but it's even better to go *twice a year*.
- You should also go to the dentist if you have a *toothache* or if your teeth feel *sensitive*.

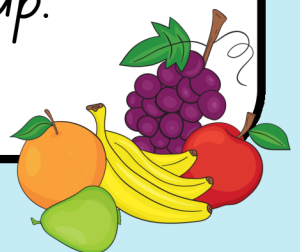


## Why visit the dentist?

- Visiting the dentist helps keep your teeth and gums healthy.
- It can prevent cavities and toothaches.
- The dentist can also catch any problems early before they get worse.

## Why is it important to keep our teeth healthy?

- It's important to keep our teeth healthy so we can eat our favourite foods without any pain.
- Healthy teeth also help us smile and talk with confidence.
- Taking care of our teeth now will help us have strong and healthy teeth when we grow up.



# Healthy Teeth Song

*(To the tune of The Wheels on the Bus Go Round and Round)*

The toothbrush goes back and forth, back and forth  
Back and forth, the toothbrush goes back and forth  
To keep your smile shining!

The toothpaste on your brush goes swish, swish, swish  
Swish, swish, swish, swish, swish, swish  
The toothpaste on your brush goes swish, swish, swish  
To make sure your teeth clean

The water in the mouth goes gargle, gargle, gargle  
Gargle, gargle, gargle, gargle, gargle, gargle  
The water in the mouth goes gargle, gargle, gargle  
To rinse away the toothpaste

So brush your teeth in the morning and the night  
Morning and the night, morning and the night  
So brush your teeth in the morning and the night  
And your smile will be shining!

Brush, brush, brush, brush, brush your teeth  
Keep them clean and fresh  
Brush, brush, brush, brush, brush your teeth  
For a healthy, happy mouth!

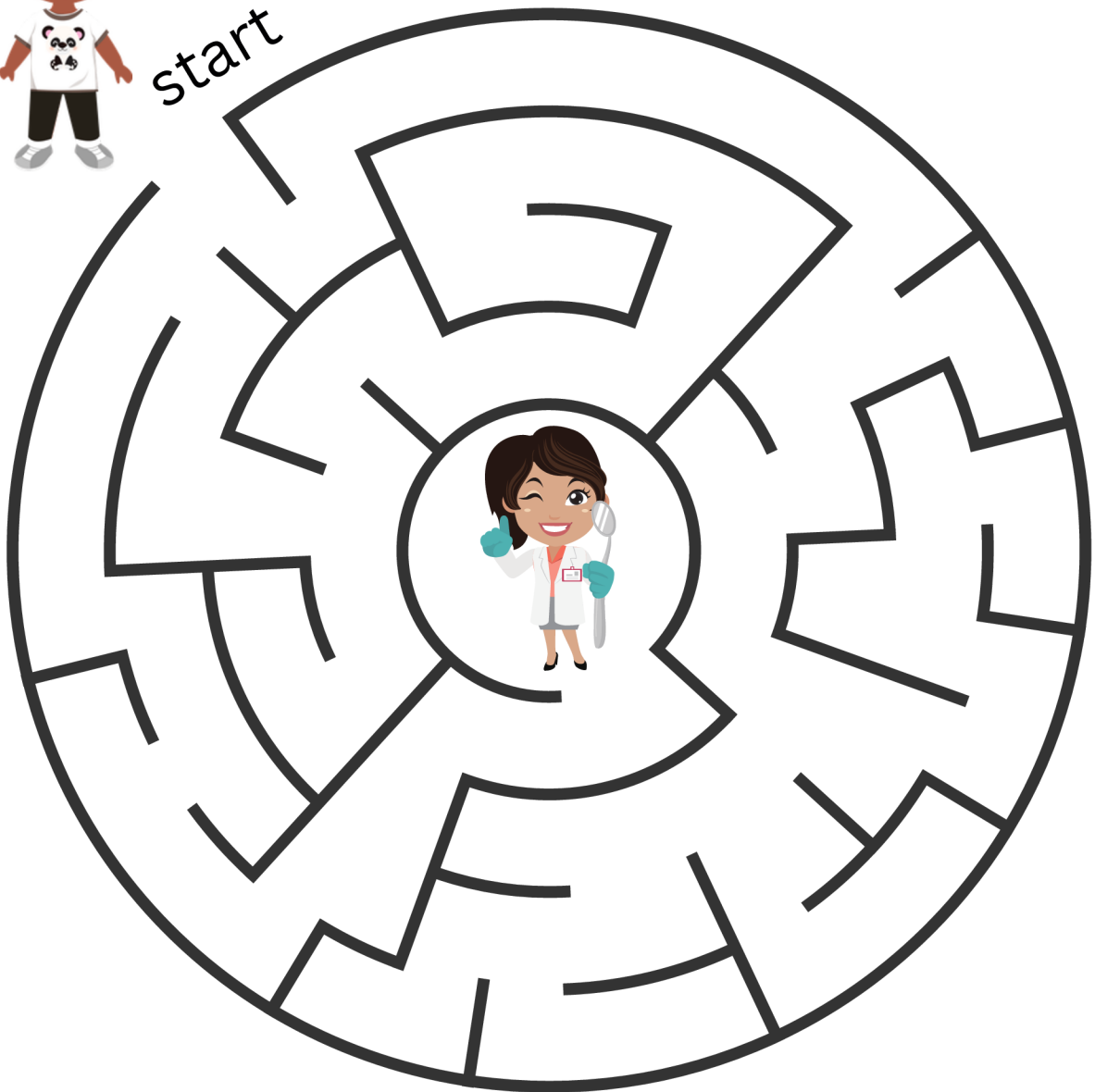


# Fast Finisher Activity: Dental Maze

Help Johnathan get to the Dentist!



start



# Fast Finisher Activity:



# Dental Wordsearch



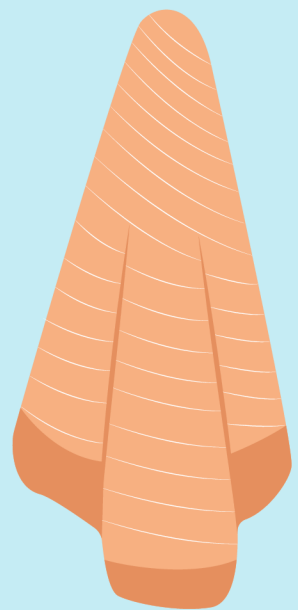
## Healthy teeth wordsearch

B	R	U	S	H	I	S	S	E	S	H	L	G	F
H	T	Y	H	T	T	H	P	Y	S	S	T	T	E
E	P	R	S	I	O	T	G	H	R	E	T	I	G
T	H	L	H	O	O	I	O	T	I	S	H	N	A
T	S	H	S	E	T	H	L	L	F	F	I	F	R
T	D	O	K	C	H	G	N	A	T	L	R	N	G
D	O	O	G	H	P	P	T	E	H	O	I	D	L
U	A	E	U	E	A	T	U	H	H	S	N	E	E
T	T	L	M	C	S	T	E	T	K	S	S	N	S
G	E	C	S	K	T	N	U	E	W	A	E	T	T
S	S	E	P	U	E	O	N	T	T	U	A	I	U
U	G	H	R	P	M	E	T	E	L	H	G	S	T
P	H	T	H	R	E	G	R	R	T	Y	H	T	M
I	E	U	E	C	I	W	T	N	R	C	B	S	H

RINSE  
MOUTH  
GUMS  
BRUSH  
TOOTHPASTE  
CHECKUP  
HEALTHY  
DENTIST  
TWICE  
FLOSS  
TEETH  
GARGLE

Play this puzzle online at : <https://thewordsearch.com/puzzle/6851868/>

# Healthy Teeth Teacher / Parent guide



Teacher / Parent Guide

# Contents

- About this booklet
- Note to parents and teachers
- Lesson 1 - Caring for Your Teeth
- Lesson 2 - Visiting the Dentist
- Student workbook answers
- Posters and Charts

## About this Booklet

This is a two-part lesson; the first lesson teaches the students the importance of caring for their teeth and the second lesson focuses on the importance of visiting the dentist.

Each lesson is an hour (60 minutes) long. If you are teaching a half-hour lesson instead of an hour, the lesson can be split into to four lessons.

Simple lesson structure:

- Engaging hook
- Workbook activities
- Christian link
- Fast finisher worksheets

## Note to Parents and Teachers

Dear parents and teachers,  
This dental health resource for year 1 and 2 students will help educate and help promote good oral hygiene habits in children, as maintaining proper dental care is crucial for overall health and well-being.

# Lesson 1 - Caring for your Teeth

## Lesson Outcomes (Australian Curriculum)

- AC9HP2P06 - Investigate a range of health messages and practices in their community and discuss their purposes
- AC9HP2P02 - Identify and explore skills and strategies to develop respectful relationships
- AC9E1LY02 - Use interaction skills including turn-taking, speaking clearly, using active listening behaviours and responding to the contributions of others, and contributing ideas and questions
- AC9E2LY02 - Use interaction skills when engaging with topics, actively listening to others, receiving instructions and extending own ideas, speaking appropriately, expressing and responding to opinions, making statements, and giving instructions

## LESSON 1 (60 mins)

### Learning Intention for the Lesson:

- Explain that today we are learning how we can care for our teeth through regularly brushing and flossing our teeth and eating healthy foods.

### Lesson Hook (Activity)

**Materials:** Dustpan brush (toothbrush), scrunched-up paper (food), toilet paper (floss),

### Instructions:

1. Invite children to all stand-up and stand in a semi-circle shoulder-to-shoulder. Explain that each student will represent a tooth.
2. Explain that we have just eaten a yummy lunch. Place scrunched-up paper in between students' shoulders, and explain that the scrunched-up paper is food and represents food stuck in our teeth.
3. Explain that when we have finished eating it is time to brush our teeth. Use the dustpan brush as a pretend toothbrush and demonstrate brushing the front of the teeth, side and back of the teeth. Use the dustpan brush to show the brush removing the food that is stuck in the teeth.
4. Then get the toilet paper and explain that it represents floss. Tear off a strip of toilet paper and hold one end, get a student to hold the other end. Stand in front of the teeth and the other student holding the other end of the toilet paper stands at the back of the teeth. Then demonstrate putting the floss in between the teeth to show the floss removing food that got stuck in the teeth.
5. Review - ask students: What did we do to remove the food stuck in our teeth?  
Answer: (We brushed and flossed our teeth.)

## **How to Brush and Floss Your Teeth**

Show students the 'How do I brush my teeth?' and 'How do I floss my teeth?' posters and read out the steps.

### **Student Workbook - Activity 1**

- Instruct students to open their student workbooks to the How to Keep Your Teeth Healthy page.
- Read to students the answer page on how to How to Keep Your Teeth Healthy.
- Instruct students to write the missing keywords from each paragraph in their student workbook.

### **Student Workbook - Activity 2**

- Explain that healthy foods like fruits and vegetables are good for our teeth but sweets and treats are not good for our teeth.
- Instruct students to cut out the foods in the student workbook and then stick the foods that are good for their teeth on the page that says 'Foods that are good for my teeth'. Then stick all the foods that are not good for our teeth on the 'Foods that are bad for my teeth' page.

### **Fast Finisher Activities**

- Toothbrush to toothpaste maze
- Dental health colouring in

### **Chrisitan Link**

- Explain that God has given us teeth and He wants us to look after them.
- Explain that 1 Corinthians 10:31 says "So whether you eat or drink or whatever you do, do it all for the glory of God."
- Explain that this verse teaches us that we should take care of our bodies and our health as a way to honour God. We can look after our bodies by brushing and flossing our teeth and eating healthy every day.

### **Review Posters**

- Explain that we must brush our teeth at least two times a day. Ask students how many times a day they need to brush their teeth.
- Explain that we must floss our teeth at least once a day. Ask students how many times a day they need to floss their teeth.

# Lesson 2 - Visiting the Dentist

## Lesson Outcomes (Australian Curriculum)

- [AC9HP2P06](#) - Investigate a range of health messages and practices in their community and discuss their purposes
- [AC9HP2P02](#) - Identify and explore skills and strategies to develop respectful relationships
- [AC9E1LY05](#) - Use comprehension strategies such as visualising, predicting, connecting, summarising and questioning when listening, viewing and reading to build literal and inferred meaning by drawing on vocabulary and growing knowledge of context and text structures
- [AC9E2LY05](#) - Use comprehension strategies such as visualising, predicting, connecting, summarising, monitoring and questioning to build literal and inferred meaning

## LESSON 2 (60 mins)

### Review:

- Explain that last lesson we learnt how we can keep our teeth healthy.
- Ask students what they can do to keep their teeth healthy. (Answers - brush and floss your teeth, and eat healthily).
- Review How to Keep Teeth Healthy poster, How to Brush My Teeth poster and How to Floss My Teeth poster.

### Learning Intention for the Lesson:

- Explain that today we are learning when and why we should visit the dentist.

### Lesson Hook - Read aloud

- Read the Tooth Tales: Johnathan's Dental Adventure book
- Ask students: What did Johnathan do to keep his teeth healthy? What did Dr Smiles teach Johnathan at the dentist? What can we learn from this story?

### Student Workbook - Activity 1

- Instruct students to turn to page Visiting the Dentist page in their student workbook.
- Read to students the answer page on when and why we should go to the dentist
- Get students to write in the missing words.

### Fast Finisher Activity

- Dental health word search
- Johnathan goes to the Dentist maze

### Activity - Song

- Sing the Healthy Teeth song to the tune of The Wheels on the Bus Go Round and Round.

### Biblical Link

- Explain that God wants us to look after our teeth and keep them healthy. By going to the dentist we are looking after our teeth and taking care of them.
- Explain that 1 Corinthians 6:19 says "Do you not know that your bodies are temples of the Holy Spirit?"
- Explain that this verse reminds us that our bodies are important to God and we should take care of them.

### Review

Ask students the following questions:

- Why is it important to go to the dentist?
- How often should we go to the dentist?
- How do we keep our teeth healthy?

# Student Workbook **Answers**

## How to keep your teeth healthy



1. Brush your teeth with toothpaste every morning and night.
2. Remember to floss your teeth every day!
3. Eat healthy foods and drinks.
4. Visit the dentist regularly.

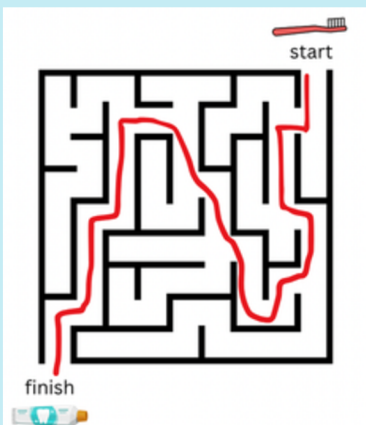
## Foods which are good for your teeth



## Foods which are bad for your teeth



## Dental Maze pg 24



## Dental Maze pg 29



## Dental Wordsearch pg 30

**Healthy teeth wordsearch**

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H	T	Y	H	T	T	H	P	Y	S	S	T	T	E
E	P	R	S	I	O	T	G	H	R	E	T	I	G
T	H	L	H	O	O	I	O	T	I	S	H	N	A
T	S	H	S	E	T	H	L	L	F	F	I	F	R
T	D	O	K	C	H	G	N	A	T	L	R	N	G
D	O	O	G	H	P	P	T	E	H	O	I	D	L
U	A	E	U	E	A	T	U	H	S	N	E	E	
T	T	L	M	C	S	T	E	T	K	S	S	N	S
G	E	C	S	K	T	N	U	E	W	A	E	T	T
S	S	E	P	U	E	O	N	T	T	U	A	I	U
U	G	H	R	P	M	E	T	E	L	H	G	S	T
P	H	T	H	R	E	G	R	R	T	Y	H	T	H
I	E	U	E	C	I	W	T	N	R	C	B	S	H

RINSE  
FOOTH  
GUMS  
BRUSH  
TOOTHPASTE  
CHECKUP  
HEALTHY  
DENTIST  
TWICE  
FLOSS  
TEETH  
GARGLE

Play this puzzle online at : <https://thewordsearch.com/puzzle/985288/>



# How to brush your teeth

Brushing helps keeps your teeth and gums clean

1



Wet your  
toothbrush under  
running water.

2



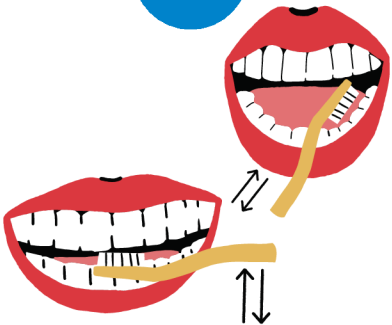
Squeeze a small  
amount of  
toothpaste onto  
the toothbrush.

3



Brush the front  
of your teeth in  
small circular  
motions.

4



Brush the back  
and sides of  
your teeth.

5



Brush your  
tongue to freshen  
your breath.

6



Rinse your mouth  
with water and  
spit out the  
toothpaste.

Don't forget to brush your teeth every morning  
and night!

# How to floss your teeth



Flossing helps keep your teeth and gums healthy!

1



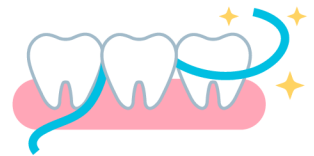
Get a piece of floss that's not too long or too short.

2



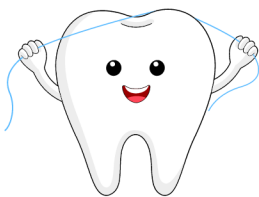
Hold the floss between your thumbs and pointer fingers.

3



Gently slide the floss between your teeth, like a little shark going between two rocks.

4



Move the floss up and down, making sure to clean both sides of each tooth.

5



Don't forget to floss all your teeth, not just the front ones.

6



After you're done, throw the floss away in the bin.

Don't forget to floss your teeth everyday!

# Have I brushed my teeth?



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday















Saturday



Morning



Evening

Colour a tooth each time you brush your teeth

Certificate of completion for learning about:

*dental health*

Well done!

Awarded to:

\_\_\_\_\_

\_\_\_\_\_

Date

\_\_\_\_\_

Teacher



