



Smile, California

2nd – 3rd Grade

Children's Dental Health Education Package

The objective of this comprehensive digital package is to introduce students to the importance of dental health, especially the importance of regular dental check-ups. Adopting healthy dental hygiene habits at an early age can benefit children well into their adult years. Download the *Smile, California* Children's Dental Health Education Package at SmileCalifornia.org.

Each Educational Package Includes the Following Content:

- Letter to educator detailing package contents
- *Smile, California* lesson plans (includes corresponding worksheets)
- [Smile, California Toothy Tips for Parents one-sheet](#)
- [Smile, California Healthy Smile Pledge Certificate](#)
- [Smile, California teeth brushing techniques and American Dental Association resource one-sheet](#)

2nd – 3rd Grade:

- **Healthy Smile Vocabulary worksheet:** dental vocabulary and definition worksheet followed by a vocabulary activity for children to arrange the words in alphabetical order
- **Things That Make Me Smile! writing activity:** sentence listing exercise that asks children to create sentences of things that make them smile
- **Sally Goes to the Dentist reading activity:** dental health reading activity with a follow-up quiz.
- **Smile Activities worksheet:** coloring worksheet with activities to help children learn about the importance of sealants
- **Healthy Smile Pledge Certificate:** a certificate for children to sign as part of their commitment to practicing healthy dental habits
- **Teeth Brushing and Flossing Calendar:** calendar to help children keep track of how many times a day they brush and floss
- **Good for My Teeth, Bad for My Teeth activity:** coloring worksheet to help children identify healthy food and beverages from less healthy options that are more likely to harm their teeth

