



*Smile, California*

## Kindergarten – 1st 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](http://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](#)

### Kindergarten – 1st Grade:

- **[Healthy Teeth for Me! activity storybook](#)**: coloring book with easy to read sentences about good oral health habits
- **[Dental vocabulary tracing activity](#)**: tracing of dental words used in the Healthy Teeth for Me! activity storybook
- **[Things That Make Me Smile! writing activity](#)**: word listing exercise for children to list things that make them smile (e.g., mom, dog, park)
- **[Design your own toothbrush, toothpaste, and floss activity](#)**
- **[Teeth Brushing and Flossing Calendar](#)**: calendar to help children keep track of how many times a day they brush and floss
- **[Healthy Smile Pledge Certificate](#)**: a certificate for children to sign as part of their commitment to practicing healthy dental habits
- **[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

