

Activities List -- Alphabetical

Antonia's Jingles: Song Lyrics

Description : Throughout the CD, verses from oral health songs can be heard by clicking on Antonia. The songs incorporate the numerous oral health learnings of the program, highlight a variety of fun rhythms and musical styles, and foster self-esteem through lively, sing-along melodies that are all about smiles!

Curricular Areas: Music

Oral Health Learnings: Brush at least twice a day with fluoride toothpaste, especially after eating and before bedtime; protect your teeth when playing sports; floss daily; visit the dentist regularly.

Follow-up Activity: Encourage the children to learn the song verses and incorporate them into in-class skit; work with the music teacher to perform it at a health fair.

(Storybook Pages 4-5, 12-13, 14-15, 20-21, 24-25, 26-27, 28-29, 30-31)

Art of the World

Description : Children will see artwork created by twelve children from around the world. They will learn about these children and locate their countries on the world map.

First Screen: Art of the World

- Children discover a palette with miniatures of 12 winning posters from children from around the world.
- All 12 mini-posters are “clickable”

Second Screen: Individual Children and their Art

- Behind each child's artwork lies biographical information about the child who created the poster and the country in which that child lives.

- On each biography page, the outline of the child's country is "clickable" and the world map appears.

Third Screen: Where in the World are the Poster Contest Winners?

- Children see a map of the world, and must find the child artist's country and click on it. The possibilities are stars, and the child chooses one.
- This process is repeated until all biographies have been read and countries located, at which time the "Congratulations" screen comes up.
- Children can explore all twelve artists at once or return to explore additional artists/countries at any time.

Curricular Areas: Language Arts, Art, and Social Studies

Oral Health Learnings: Children everywhere must take care of their teeth in order to have a bright, healthy smile!

Follow-up Activities:

- Have each student pick one of the winning posters and write a paragraph describing what message they think the artist was trying to convey with their design.
- Have students draw a picture depicting their interpretation of "My Bright Smile."
- Have students each pick one of the countries, research that country and tell the class about what they learned.

(Storybook Pages 2-3)

Look! You can enter your students in the next Colgate My Bright Smile® Poster Contest! Write to: My Bright Smile Poster Contest, 1133 Broadway, Suite 1123, New York, NY 10010 for more information.

Baby Teeth Take Home -- Printable!

Description : Children will learn important information about baby teeth and will be able to print out a fact sheet to take home. Take home explains the purpose of baby teeth and emphasizes the importance of taking care of them.

- This information is particularly important for families who may have younger siblings at home.

Curricular Areas: Language Arts, Science/Health and Nutrition

Oral Health Learnings: The importance of baby teeth/ eruption of permanent teeth.

Follow-Up Activities:

- Have children count how many baby and permanent teeth they have.
- Make a class tally of the number of baby teeth and permanent teeth everyone has and make a bar graph showing the class results.

(Storybook Pages 20 - 21)

Brush Chart -- *Printable!*

Description : Children will access a personalized brush chart to print, take home and keep track of their daily brushing habits.

Oral Health Learnings: Brush at least twice a day with fluoride toothpaste, especially after eating and before bedtime.

Follow-Up Activities:

- Have children keep track of their brushing for the entire month, then bring the chart back to class. Have the children tally the number of times that month that children in their class brushed and the number of times they forgot to brush. Encourage them to create a bar chart showing the differences.

(Storybook Pages 24-25)

Brushing Demonstration and Take Home -- *Printable!*

Description : Children will view the proper technique for brushing their teeth by viewing an animated demonstration of how to brush properly. Children can print out a **How To Brush** message to take home. The message includes these steps:

- 1.) Place brush at angle along outer gum line. Wiggle gently back and forth. Repeat for each tooth.
- 2.) Brush inside surface of each tooth, using wiggling technique in Step 1.
- 3.) Brush chewing surface of each tooth.
- 4.) Use tip of brush to brush behind each front tooth, both top and bottom.
- 5.) Don't forget to brush your tongue!

Curricular Areas: Health

Oral Health Learnings: Brush at least twice a day with fluoride toothpaste, especially in the morning and before bedtime. Gentle but thorough brushing is important!

(Storybook Pages 22-23)

Calendar Activity -- *Printable!*

Description : Children will access a monthly calendar that they can customize using the color palette, then print out and take home to use with their families.

- First they select the month and year, and then they design, add in special dates, and personal events/holidays.
- Using the **Color Palette**, they can: fill in letters, add designs, paste in stamps that depict different activities and write in special occasions. They can colorize the calendar and keep it in their personal folder.
- The calendar will print in black and white, grayscale or color depending on the printer.
- Each month, encourage the children to build a new calendar for that month.
- This activity incorporates creativity, an understanding of time sequencing, and self-esteem in creating something special for themselves or a friend or family member.

Curricular Areas: Language Arts, Art

Oral Health Learning: Oral health is something to take care of every day of the year!

Follow-up Activities: Children can create calendars for other family members. Also, encourage them to discuss the oral health messages found on the calendars. Let each child tell the others about the message that came up on their calendar.

[Color Palette: Blank Canvas](#) -- *Printable!*

Description : Once a child has worked through the story at least once, a blank page will be accessible through the “color palette” button on the toolbar. They can utilize the color palette tools to create original artwork to store in their personal folders or print and take home.

Curricular Areas: Art

Follow-Up Activities: Children can illustrate the stories they write with the *Create-A-Story Activity*, create their own oral health take-home messages, include a self-portrait with their *Letter Maker* letter, create their own cards or reminders for special occasions... anything they want!

[Create-A-Story](#) -- *Printable!*

Description : Children will create characters, learn about the parts of a story and the parts of speech, and see how the different elements they learned about on the **Story Map** come to life in a new story of their own.

- This activity combines creative writing with a lesson on the parts of a story, parts of speech and oral health learnings, as children are urged to use an oral health topic for their story.
- Students will answer questions on the left side of the screen and the program then formats these answers into a story, and identifies and defines the different parts of a story. Their imagination combines with the computer’s ability to organize the different parts into a story – and the children become authors!

Questions cover such topics as:

- What is your story called? (title)
- Where does your story take place? (setting)
- Who are the people/animals in your story? (characters)

- What happens in your story? (plot)

Curricular Area: Language Arts

Oral Health Learnings: Children are encouraged to choose an oral health subject for their story such as...*The Plot of the Plaque Monsters, A Day in the Life of a Toothbrush, or The Shark Who Didn't Brush.*

Follow-up Activity: Encourage children to use the color palette to create and print out the characters for their story that they create.

(Storybook Pages 18-19)

[Dental Checkup Checklist](#) -- *Printable!*

Description : Students will uncover a checklist listing the key parts of a dental checkup including: cleaning teeth, x-rays, fluoride and sealant.

Curricular Areas: Health

Oral Health Learnings: Visit the dentist regularly (and be familiar with the things you may see in the dental office.)

(Storybook Pages 28 - 29)

[Dr. Rabbit's Memory Game](#)

Description : Children play a memory game to match two like items that are important for the dentist, including items from his office attire and his instruments including: goggles, gloves, mask, smock, mirror, toothbrush, toothpaste.

- Children continue to turn over hidden pictures until they make a match.
- As they match up items, the items move into place as part of Dr. Rabbit's dental attire. An explanation of the item and/or how it is used is given.

Oral Health Learnings: Children become familiar with what the dentist wears and why he/she wears it. They also see the dentist's instruments and the types of dental health tools that he/she uses to help take care of their teeth.

(Storybook Pages 18-19)

Find the Real Dr. Rabbit

Description : Children will examine different “imposter” Dr. Rabbits to find which ones are the two real Dr. Rabbits shown. Encourage them to look carefully! This is an excellent exercise in deduction and reasoning.

The game is random and will reshuffle the Dr. Rabbits each time, to allow the children to play several times.

Oral Health Learnings: Visit the dentist regularly.

(Storybook Pages 28-29)

Find the Square Route!

Description : Children will be challenged to problem-solve by rearranging toothbrushes to make four boxes from the three shown. Once the child solves the puzzle, he/she can click on the replay button. There are two different puzzle solutions.

Curricular Areas: Math

Oral Health Learnings: Brush at least twice a day with fluoride toothpaste, especially after eating and before bedtime!

(Storybook Pages 12-13)

Flossing Demonstration and Take Home -- Printable!

Description : Students will discover an animated flossing demonstration showing the proper flossing technique. After viewing the demo, children can print out a *How to Floss* message to take home.

The steps include:

- 1.) Pull 18" to 24" of dental floss from the dispenser and wrap the ends around your middle fingers.
- 2.) Hold the floss tightly against each tooth. Move the floss away from the gum, gently rubbing the floss up and down against the side of the tooth.

(Note): As children grow and their dexterity increases, they should curve the floss against the tooth in a "c" shape.

Curricular Areas: Health

Oral Health Learnings: Floss daily!

(Storybook Pages 26-27)

Four Steps to a Healthy Smile -- *Printable!*

Description : Children will review the four things they can do to help keep their smile bright and healthy for a lifetime. They can print out the page to take home and share with their families. The four things include:

- 1.) Brush at least twice a day with fluoride toothpaste
- 2.) Visit your dentist regularly
- 3.) Limit sweet and sticky snacks
- 4.) Floss every day

Curriculum Areas: Health

Oral Health Learnings: Self-esteem; taking control of oral health practices

Follow-Up Activity: Have children color and decorate their mini-poster. Mount it on a colorful board to take home and post for their whole family to see, or donate the posters to another classroom.

(Storybook Pages 2-3)

It's a Jungle Out There!

Description : Children locate fruits, vegetables, and oral health “partners” (toothbrush and toothpaste) within the jungle scene. As they locate each hidden item, it colors in. As students find hidden items, they are removed from the list – figuring out the remaining hidden items offers a lesson in reasoning/problem solving.

Curricular Areas: Science/Health and Nutrition, Language Arts, Social Studies

Oral Health Learnings: Choose tooth-friendly snacks – and don’t forget to brush with fluoride toothpaste!

Follow-Up Activity: Ask children to choose a fruit or vegetable from those hidden in the jungle and preferably one that is new to them. Research it and write a report on where it originated, how it is eaten, and why it is good for you.

(Storybook Pages 30-31)

The Letter Maker Activity -- *Printable!*

Description : Children will learn the parts of a letter, how to write a letter, and how to research finding an address. Their letters can be sent to children in other cities or in another country.

This activity inspires an interactive exploration of children’s daily lives in other places and other cultures. It promotes self-esteem by letting children share things about themselves and what they enjoy doing in their free time.

- The student will type in answers to the questions that appear on the screen.
- The program then formats these answers into a letter , and identifies and defines the different parts of a letter.
- Library sources are provided to help children identify schools in other states or countries. You will need to provide envelopes and stamps.

Curricular Areas: Language Arts, Social Studies

Oral Health Learnings: It’s important to protect your teeth while playing. Children will also learn about other children’s oral health practices.

Follow-up Activity:

Part I: After children have completed the letter maker activity in the computer, encourage them to make up their own list of questions and then, cooperatively in small groups, write a new letter based upon these questions. Display the letters from each group and compare similarities and differences.

Part II: Display the letters your class receives. Have the children compare their answers with those of the children from other cities or countries.

(Storybook Pages 6-7)

Music Styles Activity

Description : Children will learn about different music styles by hearing four versions of the Healthy Food Song.

- Children will hear the original Healthy Food Song sung by Sumate.
- They can then choose from three other music styles: Rock and Roll, Classical, or Reggae, to hear the other versions and compare the different styles.
- Children can choose the Rap option to hear the instrumentation only – encourage them to follow the “highlighted” lyrics and rap along!

Curricular Areas: Music

Oral Health Learnings: Don’t snack too frequently!

Follow-up Activity: Encourage children (working either individually or cooperatively) to write their own song about healthy snacks and perform it for the class

(Storybook Pages 14-15)

“My Story Map” -- Printable!

Description : The Story Map is a tool for learning the parts of a story. Students can return to this activity from anywhere in the CD by using the button on the toolbar.

- The activity enables children to “map out” the parts of the story – such as characters, setting, and plot. As they explore the story, ***So Who’s Dr. Rabbit?***, they are encouraged to return to the map and fill it in.

- A blank version of the map may also be used to help children with the **Story Investigator** activity later in the CD and to write their own stories in the **Create-a-Story** activity.

Curricular Areas: Language Arts

(Located on the toolbar)

Name that Tooth!

Description : Children will discover the names of the different teeth and their functions, for example, incisors, bicuspid and molars.

Curricular Areas: Science and Health

Oral Health Learnings: There are different types of teeth in the mouth – each has its own role to play.

Follow-Up Activities:

- Using a mirror on the large mouth model, children can identify each type of tooth.
- Encourage children to be aware of when they get their first 6-year molar. This is one of their first permanent teeth. Children need to make sure they brush these back teeth well so they will last a lifetime!

(Storybook Pages 26-27)

Plaque Monster Coloring Page -- Printable!

Description : Children can print out, color and decorate a line-art drawing of a plaque monster.

Curricular Areas: Art

Oral Health Learnings: Everyone has plaque bacteria in their mouths. When it combines with sweet or starchy foods, it can turn into the Plaque Monsters that attack your teeth!

Follow-Up Activity: Have children write a story or poem about “A Day in the Life of a Plaque Monster”.

(Storybook Pages 26-27)

Plaque Reaction Video

Description : Children will view a mini-video of what happens when sweet or starchy foods reacts with plaque bacteria.

Curricular Areas: Science and Health

Oral Health Learnings: Plaque reacts with sweet or starchy food and can lead to tooth decay.

(Storybook Pages 26-27)

Shaggy Brush Pop Up

Description : Children will view a pop-up reminder that they should replace their toothbrush when they are worn out, or “shaggy.” ADA (American Dental Association) guidelines recommend that brushes be replaced every 3 months or after an illness.

Curricular Areas: Health

(Storybook Pages 24-25)

Shopping List -- *Printable!*

Description : Children will access a blank shopping list with their name personalized and examples of healthy foods. They print it out and then select the foods they like from the suggestions and add any other healthy foods they enjoy eating to their list. They

can take it home for the whole family to remember what healthy foods to buy when shopping.

Curricular Areas: Language Arts, Science/ Health and Nutrition

Oral Health Learnings: Limit snacks; choose tooth-friendly snacks!

Follow-Up Activity: Children can bring in healthy snack items from their shopping lists for a “Healthy Foods Tasting Party.”

(Storybook Pages 12-13)

[A Smile Is A Smile In Any Language](#)

Description : Children can learn the word “smile” in a variety of languages. They can compare our “letter” system with “characters” from some of the other languages.

Curricular Areas: Social Studies, Language Arts

Oral Health Learnings: Good oral health keeps your smile bright!

Follow-up Activity: As each new word for “smile” comes up, have the children find a country that uses that language on a map. Older children might take one of these countries and research it, then write or give an oral report about that country to the rest of the class.

(Storybook Pages 18-19)

[Snack Journal](#) -- *Printable!*

Description : Children keep a journal of all the snacks they eat for two days. This activity helps students discover how they can help protect their teeth by decreasing the “plaque attack” that can help cause cavities.

- In this activity children keep a snack journal for two days. They enter what they ate, how often and when they have brushed. They place an asterisk next to the snack entry anytime they didn’t brush. The first day, they follow their normal eating pattern. The second day, they make a special effort to brush after eating.
- They add up the number of asterisks for each day and multiply by 20 minutes (the time for the plaque reaction.)

- They then compare the two numbers to see how brushing after snacks helps cut down the plaque reaction.

Note: For younger children, have them fill in the first part of the snack journal activity and discuss tooth-friendly foods instead of doing the math portion of the activity.

Curricular Areas: Language Arts, Math, Science/Health and Nutrition .

Oral Health Learnings: The plaque reaction can occur for approximately 20 minutes every time we eat --exposing teeth to potential decay. Brushing immediately after eating can help reduce the plaque reaction.

Follow-Up Activity: Have class add up the total class potential plaque reaction times for Day 1 and Day 2 and make a bar graph.

(Storybook Pages 30-31)

[Snack Trivia -- Printable!](#)

Description : Children will see four pop-up questions and answers about healthy snacks. When they select the print option, the Q+A's will print along with other healthy snack trivia to take home and share with their families. The print-out highlights those snacks that are tooth-friendly choices.

Curricular Areas: Language Arts, Social Studies

Oral Health Learnings: Limit snacks; choose tooth-friendly snacks (like the ones suggested in the trivia and quiz!)

Follow-Up Activity: Challenge each child to find at least one fun snack trivia fact on their own and bring it in to share with the class.

(Storybook Pages 12-13)

[Soccer Ball Maze](#)

Description : While working through the maze, students discover a message about protecting their teeth when playing sports. Five mazes are randomly available, so the children can solve the mazes again and again.

- Working through the maze incorporates problem-solving challenges with use of fine motor skills.

Curricular Areas: Health

Oral Health Learnings: It's important to protect your teeth when you play sports.

(Storybook Pages 6-7)

Story Investigator -- *Printable!*

Description : Students become “detectives” and, through a series of guided questions, are asked to record their thoughts on who the mysterious Dr. Rabbit really was. Encourage them to explain their theories!

Curricular Areas: Language Arts

Follow - Up Activity: Encourage the children to act out different endings of ***So Who's Dr. Rabbit?*** with different characters from the story being the real Dr. Rabbit.

Additional Background for Teacher:

Solution to the Virtual Mystery:

- The ending leaves students contemplating who Dr. Rabbit really was. Encourage the class to explore their ideas and give reasons behind their theories. This is an excellent opportunity for discussing fiction and non-fiction.
- There is no right or wrong answer to the mystery. Magic . . . Mr. Bonilla . . . Antonia's dentist . . . a parent . . . any one of them could be Dr. Rabbit. Encourage students to discuss the mysterious possible clues found on pages 27 and 31 – the similar winks of Dr. Rabbit and Mr. Bonilla, and the shadow behind Mr. Bonilla.
- Have students consider the most fascinating possibility of all -- maybe Dr. Rabbit was real!

(Storybook Pages 30-31)

Summary of Oral Health Learnings

Description : At the end of the story, Dr. Rabbit recaps the four basic oral health messages.

Oral Health Learnings:

- Brush teeth thoroughly with fluoride toothpaste at least twice a day, especially after eating and before bedtime.
- Floss every day.
- Visit the dentist regularly.
- Limit sweet and sticky snacks.

(Storybook Pages 32-33)

Super Family Certificate -- Printable!

Description : Children will access an oral health certificate from Dr. Rabbit that rewards them and their families for excellent oral health. They receive the certificate once they have worked their way through the entire book. Students may design and customize their certificates using the Color Palette, then print it out to take home. This is a great self-esteem building activity as children proudly post the certificate at home!

Curricular Areas: Art

Oral Health Learnings: Taking care of your teeth can give you and your whole family smiles that can last a lifetime!

Follow-Up Activities: Have children print the certificates and present to their families during an in-class health event, during oral health month (February), or after they have completed their brush charts

(Storybook Pages 32-33)

Thought Bubbles

Description : Clicking on each child reveals a “Thought Bubble” that communicates what that child is feeling. Students are invited to examine their own feelings as if they were each of the characters. This activity fosters self-expression.

Follow-up Activity: Encourage children to think how they would feel if they had to play Dr. Rabbit in the class play and why. Either have them write answers or have a class discussion, where children role-play their reactions.

Curricular Areas: Language Arts

(Storybook Pages 8-9)

Tooth-Friendly Foods Maze

Description : Children travel through a maze with snacking road blocks. Tooth-friendly snacks let the children pass through; sweet and sticky snacks cause a dead end at which a new route must be chosen.

- Reaching the conclusion of the maze takes a combination of problem solving and fine motor skills.
- Remind children that it's better to eat their whole snack at once, too! This is an excellent teachable moment for a science lesson: initiate a class discussion about plaque and how it reacts with sweets and starches in your mouth. *(See Additional Background Information below)*

Curricular Areas: Science/Health and Nutrition

Oral Health Learnings: Some snacks are better for your teeth than others. Try to choose tooth-friendly snacks – and be sure to limit the number of times you snack each day!

Additional Background: Snacking and the Plaque Reaction

It's How Often Your Students Snack That Matters!

When it comes to snacking, what your students eat isn't as important as when and how often they snack! Here's why:

- Everyone has plaque bacteria in their mouths,. But when this bacteria meets up with sweet foods or beverages – or starchy foods, like crackers or pretzels—it creates acid in the mouth. This “plaque attack” can last as long as 20 minutes!
- During this period, the acid is attacking tooth enamel, making it weak. That's when cavities can start! This can happen every time you eat a sweet or starchy snack.

- It's better to eat the whole snack at once! Eating five pieces of a snack at one time exposes teeth to possible decay one time – for approximately 20 minutes. Nibbling on those same five pieces at five different times exposes your teeth to possible tooth decay for approximately 100 minutes. What a difference!

Encourage Healthy Snack Choices. Some foods are healthier for your teeth than others, such as:

- raw vegetables
- plain yogurt
- fresh fruits
- cheese
- popcorn
- sugar-free beverages

(Storybook Pages 10-11)

[What's In A Tooth? -- Printable!](#)

Description : Children will see the various parts of a tooth (such as enamel, gum, root, etc.) and the descriptions will appear. Children learn by discovery and use deductive reasoning to understand the different parts of a tooth and relate that to the care of their teeth. This activity also includes problem solving. Have the students print out a matching tooth diagram that gives descriptions of each part of a tooth, then have them complete the diagram by filling in the blank labels with a corresponding part.

Curricular Areas: Science/Health and Nutrition

Oral Health Learnings: Children recognize the importance of enamel - the hard outer layer of the tooth and that enamel protects the inner parts of the tooth

(Storybook Pages 2-3)

[Virtual Dental Office](#)

Description: This trip through the “Virtual Dental Office” allows children to explore places and things in Dr. Rabbit’s office, things which they might find in their own dentist’s office. For example: dental chair, fluoride treatments, mask, goggles etc.

- Children enter the reception area, which features other components of the Bright Smiles, Bright Futures oral health program. When they click on Dr. Rabbit’s door, they

find themselves in the dental examination room, where they will be introduced to the different equipment and oral care products that they may see on a visit to their own dentist.

- Throughout their “visit,” children are learning by discovery.

Curricular Areas: Health

Oral Health Learnings: It’s important to visit the dentist regularly; these are the items you’ll see on a dental visit.

(Storybook Pages 20-21)