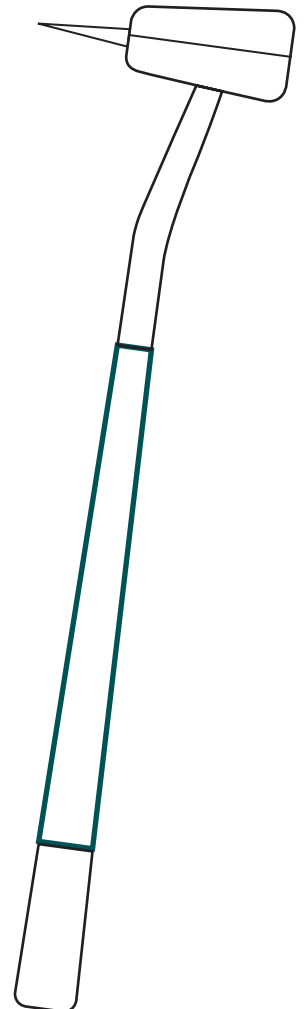
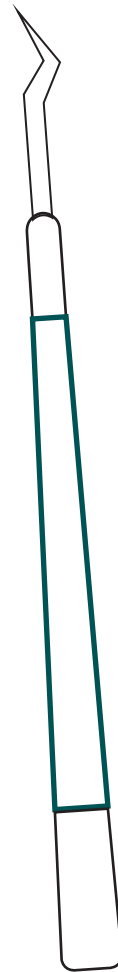
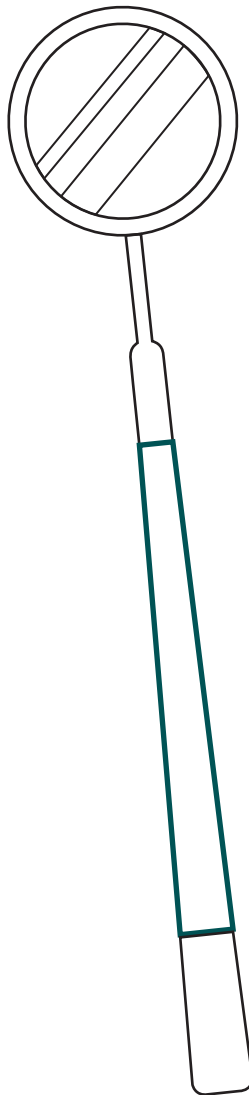
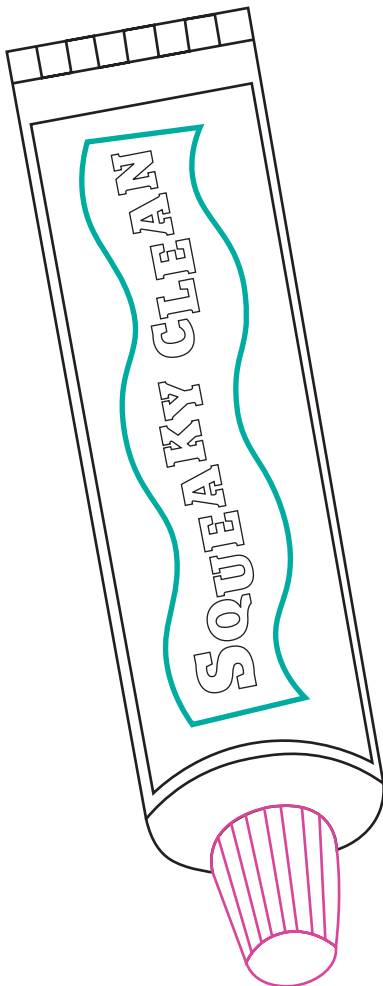






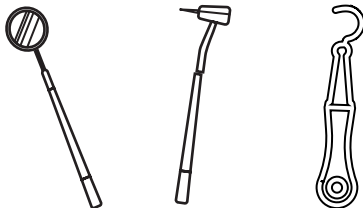

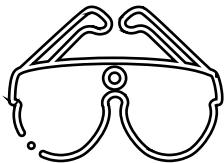
Resource pack

The dentist



A visit to the dentist

When you next go to the dentist, come back to this page and tick off all of the equipment and tools that you've seen!

Dentist Mask		
Dentist Chair		
Tools <i>such as mirror, probe and drill</i>		
Gloves		
Eye protection		



Wow, you really paid attention during your visit! Did you spot them all?

Hidden sugars

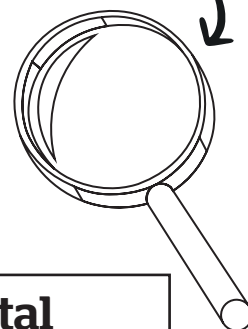
It can be a surprise how much sugar is hiding in our food and drinks; you should only have **6** teaspoons or **25g** of sugar a day.

How much sugar have you had today?

Draw the food and drink that you've had today in the boxes, then write in the next box how much sugar was in it.

Add it all together at the end.

Colour me in!

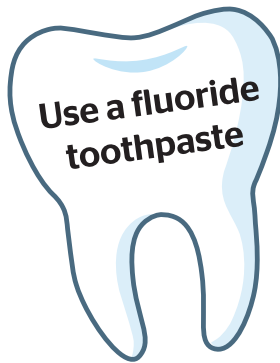


Food / drink	Amount of sugar	Sub total	
Total amount of sugar		Grams	Teaspoons

Poster design challenge

Can you design a poster to help others learn how to keep their teeth healthy?

You could use some of the things you have learnt on this page!



Design your own brushing chart

It's important to remember to brush your teeth well, twice a day.
Can you design your own brushing chart like the one below to help you
remember?

My brushing chart

My name is:

I am ___ years old

Remember:

1. Wet your toothbrush
2. Use a pea-size amount of toothpaste
3. Brush for 2 minutes
4. Rinse, then use mouthwash or floss

**Clean teeth make
for happy smiles!**



*Draw your
smile here!*



	Morning	Night
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

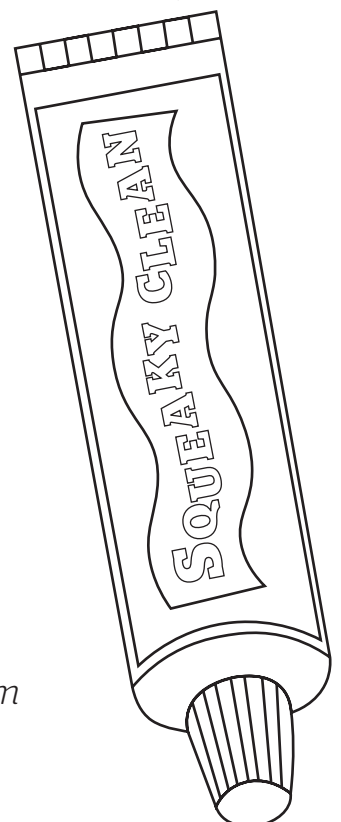
Wonderful wordsearch

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

1. CAVITY - *a rotten part of a tooth*
2. CHAIR
3. DENTIST
4. GLASSES
5. GLOVES
6. LIGHT
7. MASK
8. MIRROR
9. MOUTHWASH
10. PROBE - *a tool used to measure and count your teeth*
11. TOOTH
12. TOOTHBRUSH
13. TOOTHPASTE
14. TUNIC - *a dentist wears this short white coat as part of their uniform*

How many did you find?

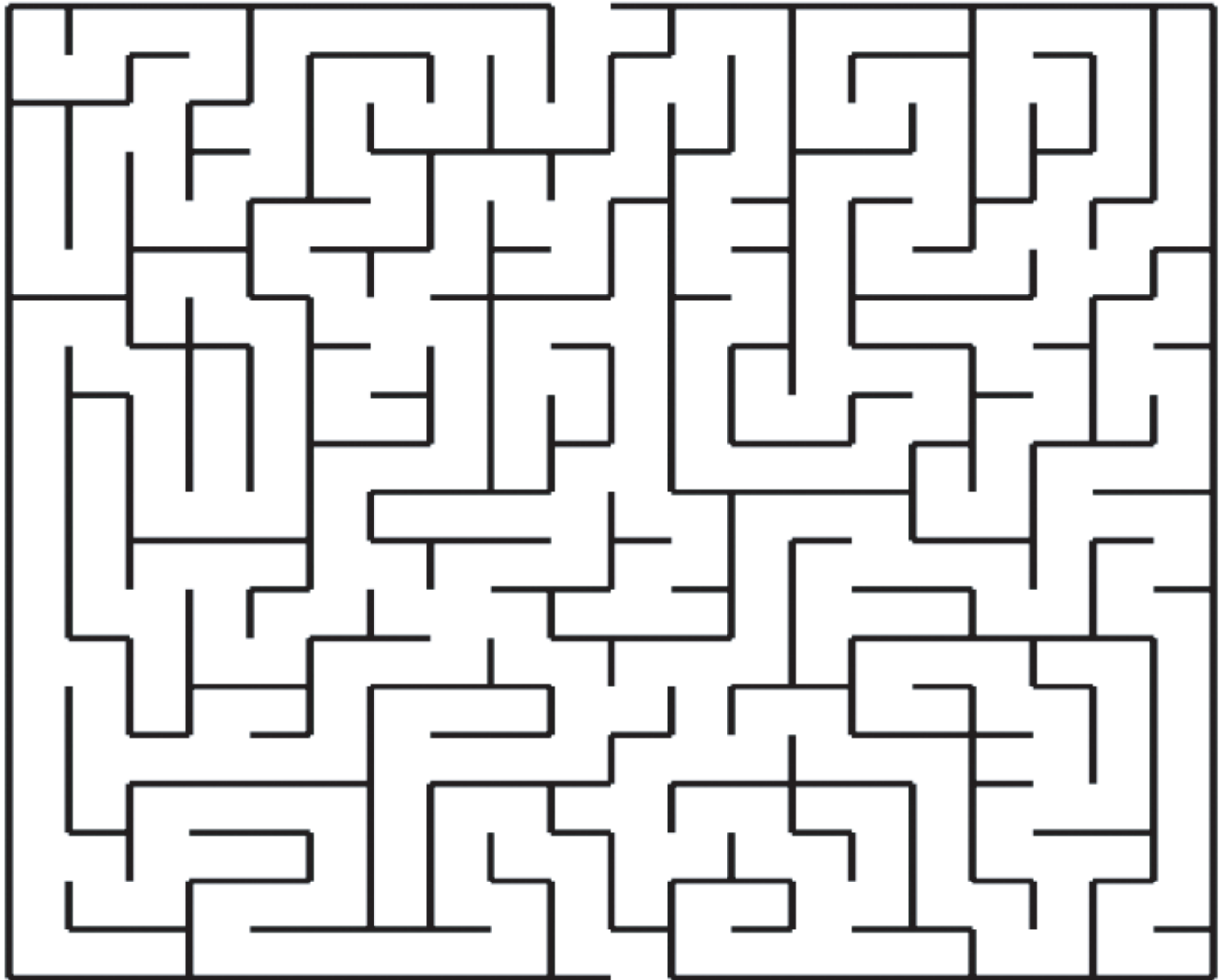
Colour
me in!



Marvellous Maze

Can you help the toothbrush enter the maze and escape out the other side to reach the tooth?

START



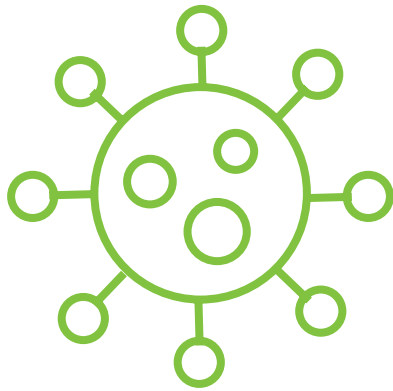
FINISH



**Congratulations, you did it!
Thank you for helping me find
my toothbrush pal!**

What am I?

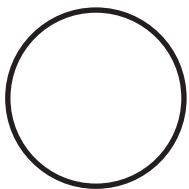
Hello!



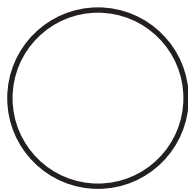
**My name is
Coronavirus!
Have you heard about
me?**

How do you feel when you hear my name?

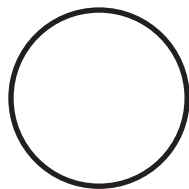
Draw your face in the circle that matches how you are feeling



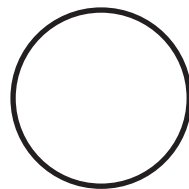
Relaxed



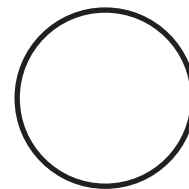
Worried



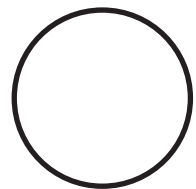
Confused



Curious



Nervous

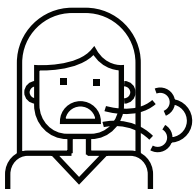


Sad

I can bring with me:



High temperature



A cough that
doesn't go away



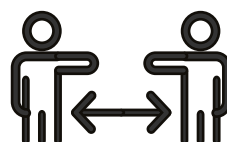
**You can help keep me
away and stay safe by...**



Wash your hands
with soap and water



Stay at home

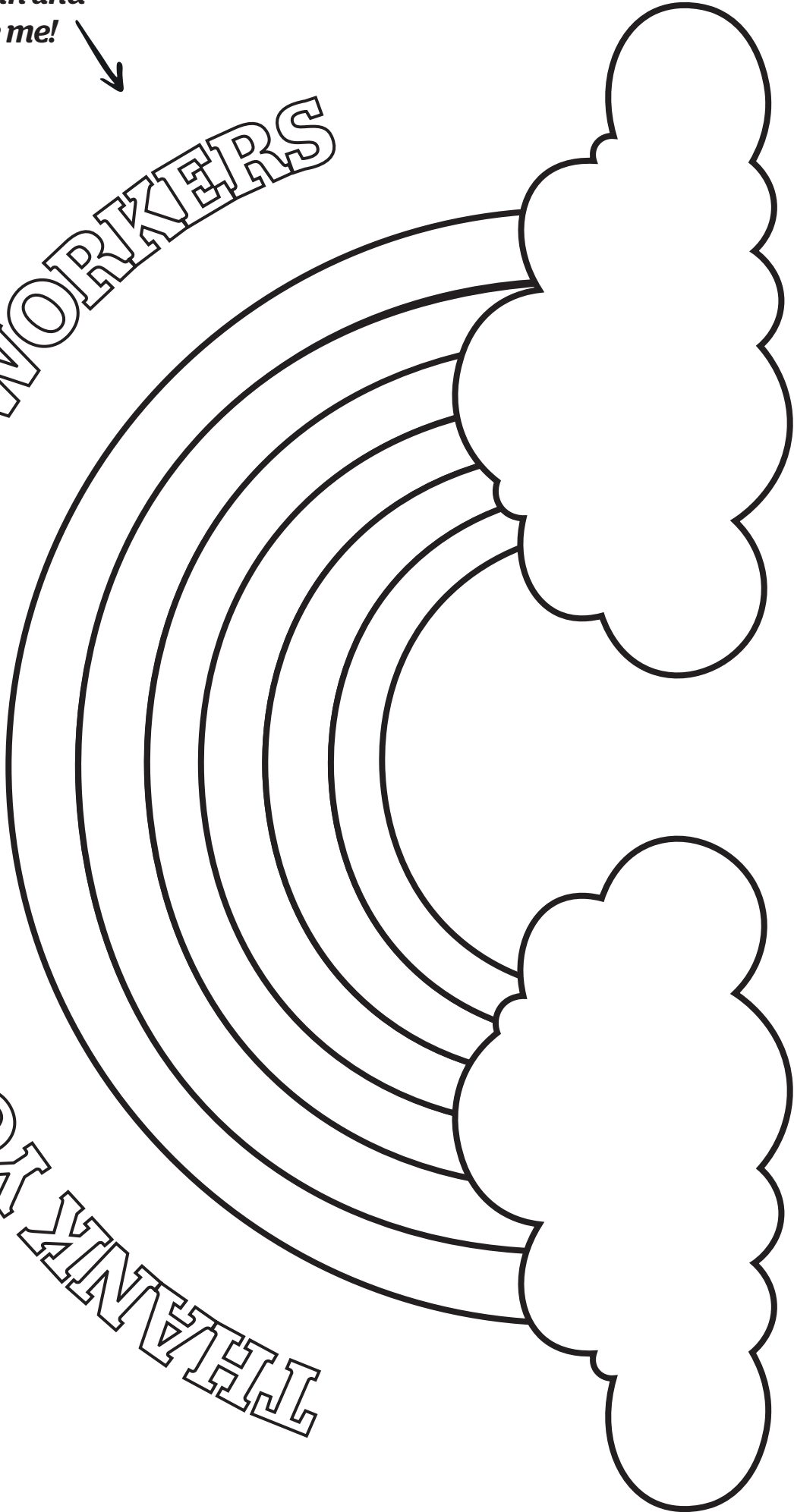


When outside, keep
2 metres apart

Colour me in and
decorate me!



THANK YOU NHS AND KEY WORKERS



WE APPRECIATE YOU

Why not get involved?

 www.healthwatchesessex.org.uk

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 /healthwatchesessex

 /heathwatch-essex

 enquiries@healthwatchesessex.org.uk

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CO6 2PB

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We can answer your questions about health and care services

Call
0300 500 1895

Text
07712 395 398

Monday to Friday
9am to 5pm
for the cost of a local
call and text

Design:

Sophie Johnson

Healthwatch Essex Young Mental Health Ambassador

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