

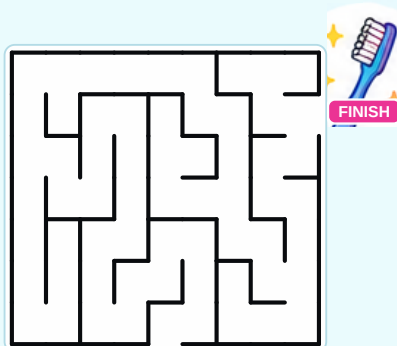
Bertie & Sparkle

Healthy Smile Challenges!

Join Bertie and Sparkle for fun activities to help you keep your teeth clean and healthy!

1 Help Sparkle find the toothbrush!

Can you help Sparkle get to the toothbrush so they can clean their teeth?



2 Spot the difference!

Can you find 5 differences between these two pictures?



3 Colour Bertie & Sparkle!

Use your favourite colours to bring them to life!



4 Tooth Friendly or Not?

Look at the pictures below. Tick the ones that are good for your teeth and cross the ones that are not.



Choose tooth friendly foods to keep your smile strong!

5 2 Minute Brushing Challenge!

Can you brush for 2 minutes? Colour in a star every 20 seconds!



Well done! You brushed for 2 minutes!

6 Dental Word Search

Can you find the hidden words?

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

Find these words:

- TOOTHBRUSH
- CLEAN
- FLOSS
- TEETH
- SPARKLE
- DENTIST
- PASTE
- HAPPY
- SUGAR
- WATER
- GUMS
- HYGIENE
- BERTIE

7 My Healthy Smile Chart

Tick each time you complete the challenge!

Brush my teeth twice a day	M	T	W	T	F	S	S
Clean between my teeth							
Choose healthy snacks							
Drink water							
Be kind to my teeth!							

You're a Superstar! Keep it up!