

The Super Smile Team!

Meet K-9! He's a frisky pup who cares as much about good oral health as his buddies Flossy and Buck McGrinn, and Den and Gen Smiley.

One day the whole gang decided to play super heroes. They put on capes, made costumes, struck super hero poses and became The Super Smile Team! Even K-9 got in on the act!

Of course, every super hero needs a mission. The Super Smile Team's quest? To fight for good oral health by following this simple rule, "2min2x." That's code for "brush your teeth two minutes, two times a day."

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their super smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a sparkly smile when the braces come off.

Being super heroes takes a lot of energy so the McGrinns and Smileys do eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty instead of soda pop.

Want to be a part of The Super Smile Team? Join in the fun by playing the games and doing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.

FOR A SUPER SMILE REMEMBER:

2 MIN 2X

Sunday	 	 
Monday	 	 
Tuesday	 	 
Wednesday	 	 
Thursday	 	 
Friday	 	 
Saturday	 	 

Make it a habit!

Brush your teeth for 2 minutes, 2 times every day! Keep this handy reminder by your toothbrush and check the box in the upper right corner after each time you brush.

Can you check off every box for the week?



CONGRATULATIONS!

is a member of the Super Smile Team!

FIGHTING FOR GOOD
ORAL HEALTH
'2MIN2X'



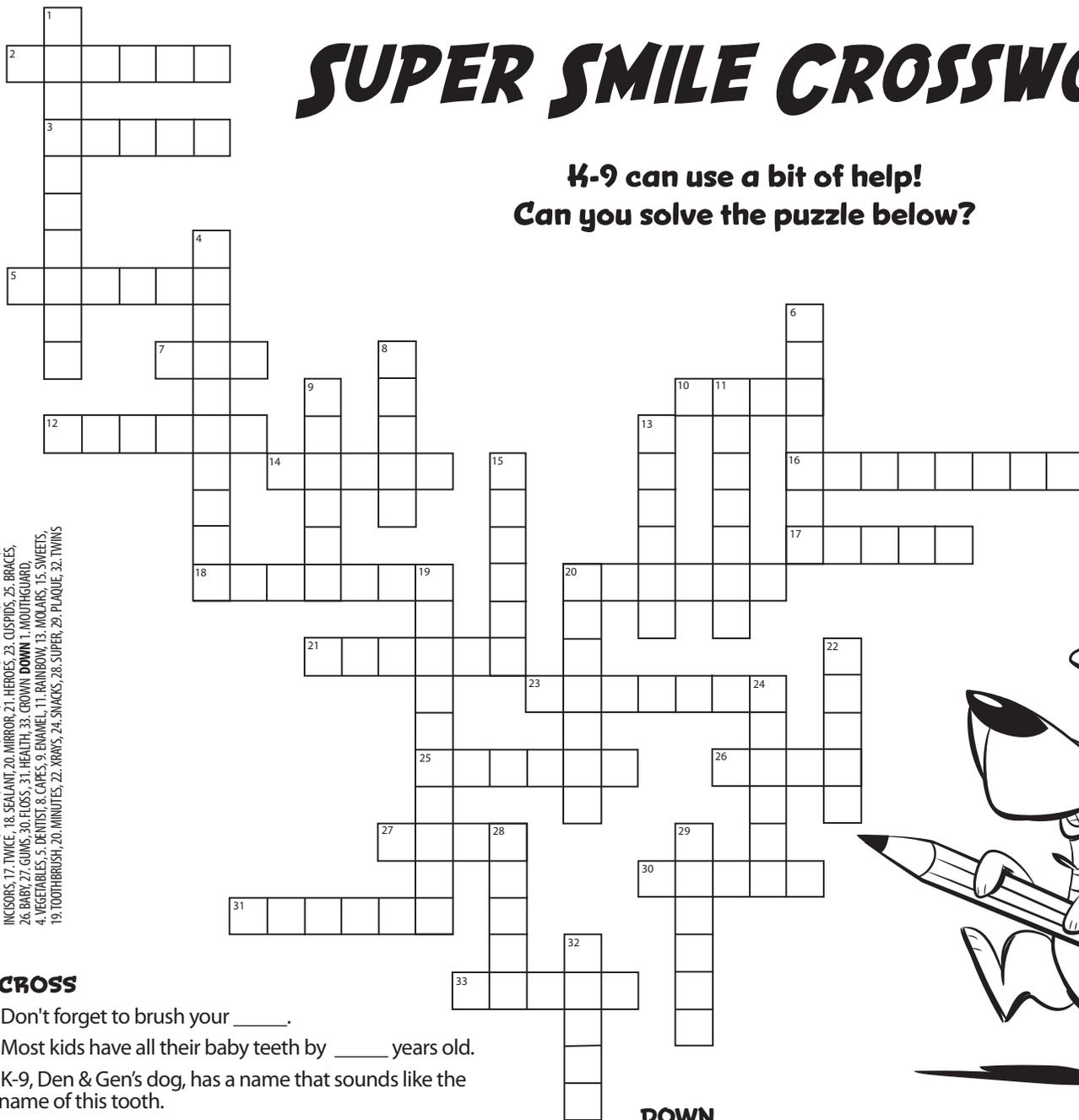
(Paste your picture in the circle above!)

FIGHTING FOR GOOD
ORAL HEALTH
'2MIN2X'



SUPER SMILE CROSSWORD

K-9 can use a bit of help!
Can you solve the puzzle below?



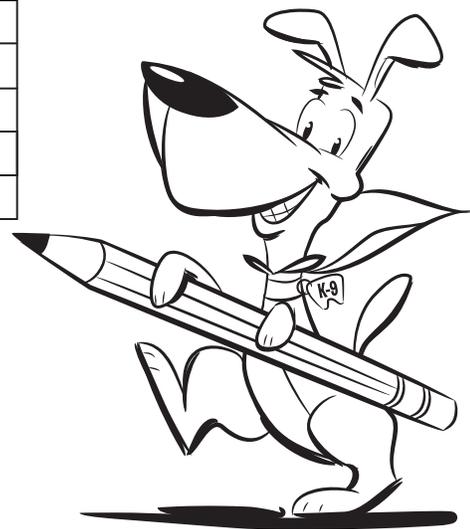
ACROSS 2. TONGUE, 3. THREE, 5. CANNIE, 7. PEA, 10. GRIN, 12. DENTAL, 14. WATER, 16. INCISORS, 17. TWICE, 18. SEALANT, 20. MIRROR, 21. HEROES, 23. CUSPIDS, 25. BRACES, 26. BABY, 27. GUMS, 30. FLOSS, 31. HEALTH, 33. GROWN DOWN
DOWN 1. MOUTHGUARD, 4. VEGETABLES, 5. DENTIST, 8. CAPES, 9. ENAMEL, 11. RAINBOW, 13. MOLARS, 15. SWEETS, 19. TOOTHBRUSH, 20. MINUTES, 22. X-RAYS, 24. SNAGS, 28. SUPER, 29. PLAQUE, 32. TWINS

ACROSS

2. Don't forget to brush your _____.
3. Most kids have all their baby teeth by _____ years old.
5. K-9, Den & Gen's dog, has a name that sounds like the name of this tooth.
7. Use only a _____-sized amount of toothpaste when you brush.
10. Another word for smile.
12. A _____ hygienist cleans your teeth at the dentist's office.
14. Drink this instead of soda pop.
16. Front teeth that bite into food.
17. Brush your teeth at least _____ a day.
18. What your dentist applies to protect teeth from decay.
20. A dentist uses this to help see all your teeth.
21. The Super Smile Team are super _____.
23. These side teeth tear into food.
25. Den wears _____ to straighten his teeth.
26. Your first teeth.
27. They hold your teeth in place.
30. Clean between your teeth with dental _____.
31. The Super Smile Team fights for good oral _____.
33. The part of a tooth that you can see is called the _____.

DOWN

1. Wear this to protect your smile while playing sports.
4. Broccoli and carrots are nutritious _____.
6. Visit your _____ regularly.
8. Super heroes frequently where these.
9. The hard outer layer of a tooth.
11. Eat all the colors of the _____.
13. _____ are the teeth in the back of your mouth used for grinding food.
15. Only eat sparingly to keep your smile healthy.
19. Use this to keep teeth clean.
20. Remember to brush your teeth for two _____ two times a day.
22. Pictures of your teeth.
24. Limit between meal _____.
28. Remember "2min2x" for a _____ smile.
29. If not removed, can lead to cavities.
32. Flossy and Buck are _____.



SUPER SMILE SECRET MESSAGE!

Help Gen learn the Super Smile secret by decoding the message below!

Add up the numbers represented by each set of symbols and replace them with the corresponding letter.

For example, the first letter in the message is R.

A spiral counts for 10, a star counts for 5, and each dot counts for 1, so $10+5+3=18$ and the 18th letter of the alphabet is R.



1 = ● 5 = ★ 10 = ☻

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

☻★ ●●●	★	☻ ●●●	★	☻ ●●●	●●	★	☻★ ●●●	☻☻	☻★
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

●●	☻★ ●●●	☻☻ ●	☻★● ●●●	★ ●●●	☻☻	☻☻	☻☻ ●●●	☻★
_____	_____	_____	_____	_____	_____	_____	_____	_____

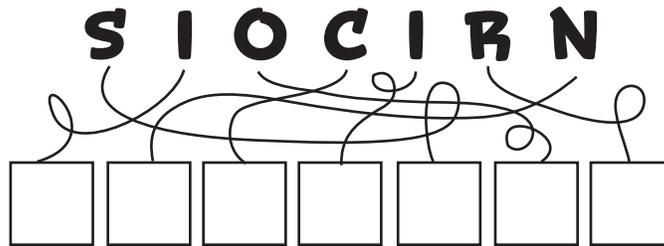
☻ ●●●	★● ●●●	☻● ●●●	☻☻ ●	☻☻	★	☻★● ●●●	☻☻	☻☻ ●●●	☻★
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

☻☻	★● ●●●	☻ ●●●	★	☻★● ●●●	●	●●●	●	☻☻ ★
_____	_____	_____	_____	_____	_____	_____	_____	_____

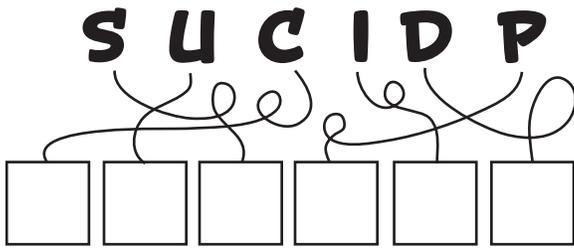
DID YOU KNOW ...

...you have different kinds of teeth designed to do different things?
Help K-9 learn their names.

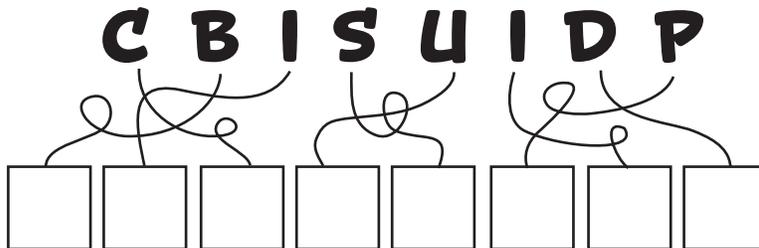
Unscramble the words by following the floss path and then write the letter in the box.



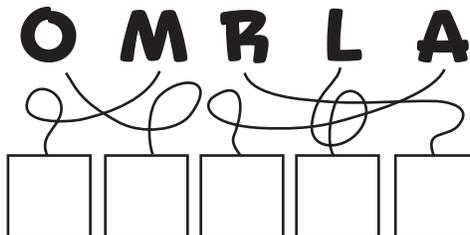
1. These flat front teeth are for biting into food.



2. These teeth tear food into smaller pieces.



3. A second set of food-tearing teeth.



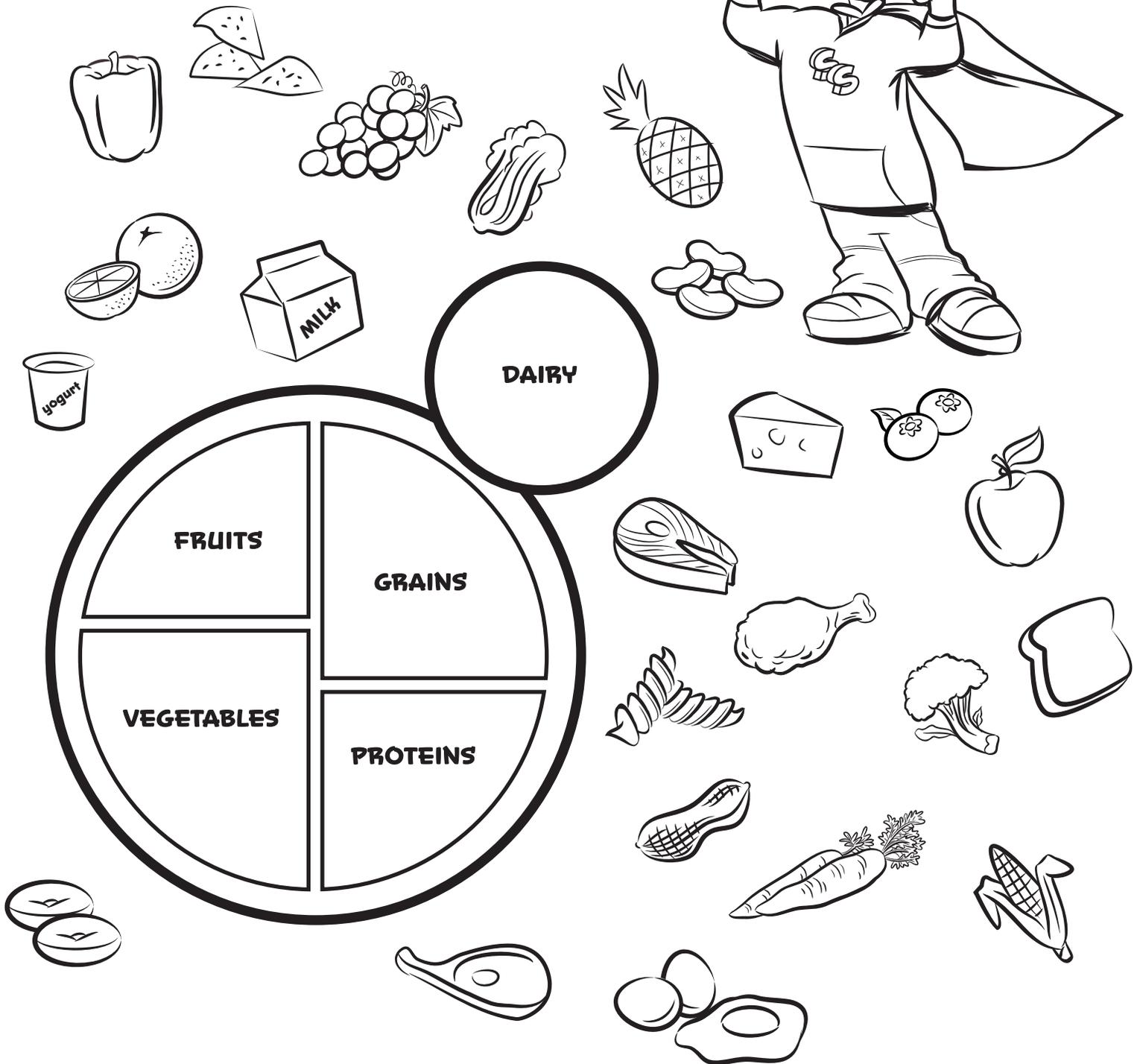
4. These big teeth at the back of your mouth grind food into very small pieces.



FUEL YOUR SUPER SMILE!

A Super Smile depends on good nutrition! Draw a line from the food items to their proper place on the plate.

For a super smile remember to limit sweets, soda and fats. Choose whole grains and lean proteins. And eat all the colors of the rainbow!

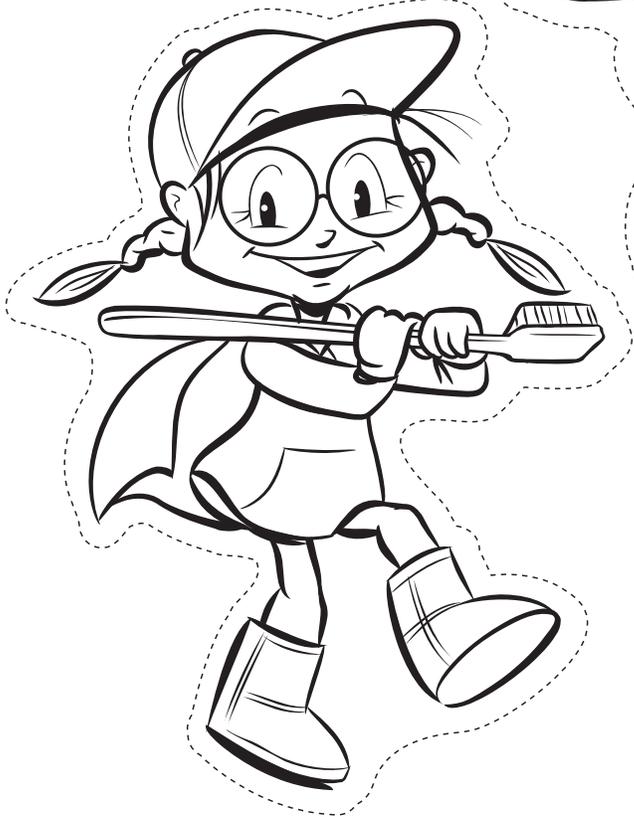
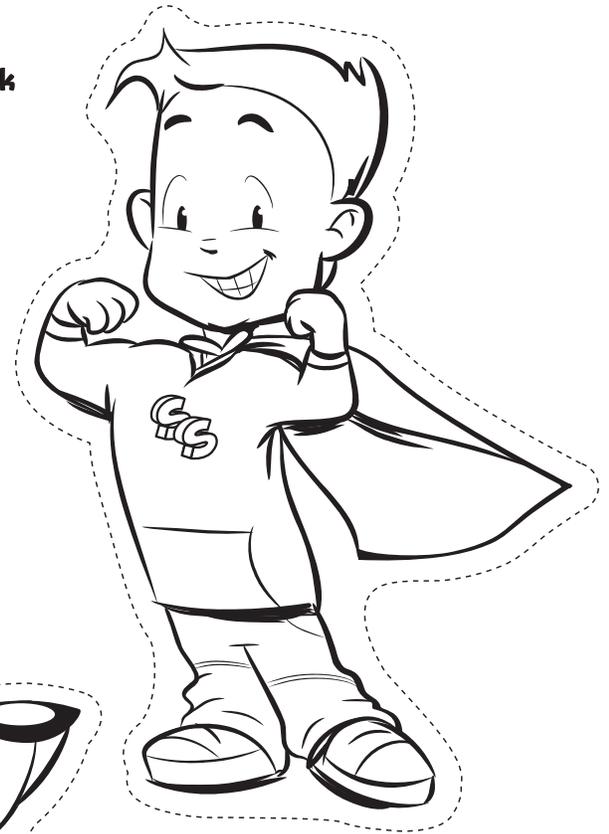


MAKE A SUPER SMILE PUPPET SHOW!

Paste this sheet onto a piece of heavier paper.
Then cut out the characters along the dotted lines and color them in.



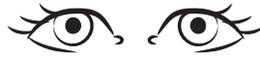
Glue or tape a craft stick
to the back of each
and create your own
Super Smile
puppet adventures!



BRUSH YOUR TEETH

2 MINUTES 2 TIMES A DAY!

**Lots of things come in Twos. Like twins, Den and Gen Smiley!
Look at the pictures below and write the names of these things that come in twos.
Can you think of any others? Draw a picture in the spaces below!**





JOIN THE SUPER SMILE TEAM!

Color in the Super Smile logo below, then cut it out along the dotted lines.
Pin or tape it to your shirt.

Add a cape, wristbands, whatever you want to create
the rest of your Super Smile Team costume!

Remember: brush your teeth 2 minutes, 2 times a day!

