

Dear Educator,

Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc., makers of effective oral care products for kids, is pleased to present **SMART STEPS**, a free oral health teaching kit to help students with their oral hygiene skills. Healthy teeth and gums promote self-confidence and contribute to overall health, allowing your students to perform their best in school.

SMART STEPS was designed in conjunction with award-winning curriculum specialists Young Minds Inspired and offers lessons to support students' health education studies, a dynamic teaching poster with important oral hygiene practices, and take-home materials to include parents in the learning process.

The materials are copyrighted, but you may make as many photocopies as necessary to suit your needs. Please return the enclosed reply card. We rely on your feedback to provide free educational programs that make a real difference in the classroom.

Sincerely,



Dominic Kinsley, Ph.D.

Editor in Chief, Young Minds Inspired

YMI
YOUNG MINDS INSPIRED

is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at www.ymiclassroom.com to send feedback and download more free programs. For questions, contact us at 1-800-859-8005 or e-mail us at feedback@ymiclassroom.com.

SMART STEPS

Target Audience

Students in grades 1-5

Program Components

- This teacher's guide
- Three reproducible student activities: one for grades 1-2, one for grades 3-5, and one for all grades
- A downloadable student certificate available at www.ymiclassroom.com/smiles.pdf
- A colorful wall poster
- Parent hand-outs to reinforce the message at home
- A teacher reply card for your comments



- **Molar** – Twelve molars, in sets of three, at the back of the mouth, help grind food. The first set develops around the age of six, the second set at twelve, the third set (called wisdom teeth) around age seventeen.
- **Bacteria** – Known as plaque—an invisible film of germs that coats the teeth.
- **Cavity** – A hole in teeth. Without good brushing, flossing, and rinsing habits, bacteria creates an acid that breaks down tooth enamel and causes the tooth to decay.

Part B. Have students complete the oral care messages. Then, on the back of the sheet, have them draw a picture to show how they care for their teeth. Have them take their completed work home to share with parents.

How to Use This Program

- Schedule the program as a supplement to your existing lesson plans. To see how the program aligns with National Standards, go to www.ymiclassroom.com/dentalhealth.pdf.
- Photocopy the teaching materials on the back of the poster to share with other teachers in your school.
- Display the poster prominently and use it to introduce the program. Explain to students that they will be adding their own smiles to the poster at the conclusion of the program.
- Send home the enclosed parent hand-outs at the start of the program to engage families in the learning experience.
- For more information on oral care, go to www.listerinekids.com/smartsteps.

Activity 1 (Grades 1-2) Smart Smiles

Part A. Review the following terms and definitions with students. Explain that teeth are shaped in certain ways to perform certain jobs.

- **Incisors** – Four front teeth on the top and bottom of the mouth. Chisel-shaped and sharp for cutting and biting food.
- **Cuspids** – Four teeth on either side of the incisors, two on top and two below, with a pointed edge to tear food.
- **Biscupids** – Also called premolars. Eight teeth behind the cuspids with four on the top and four below. Shaped for crushing and tearing food.

Activity 2 (Grades 3-5) Super Smart Smiles

Part A. Use the tooth type definitions above to help students complete the activity. Answers: **Matching:** 1b, 2a, 3d, 4c
Unscramble: rinse, brush, floss

Part B. Review the fun facts together with students. Have them record their ideas for oral health words and song titles in the appropriate boxes. They may complete their song at school or at home. Schedule time for song sharing.

Activity 3 (Grades 1-5) Smart Steps

Tell students they will use the calendar to keep track of their oral care habits at home with their parents. Have them label the month and record the dates inside the appropriate boxes. Show students where you plan to display their photos and completed calendars alongside the poster at the end of the 30-day calendar cycle.

Smart Steps Certificate

Download this certificate at www.ymiclassroom.com/smiles.pdf and distribute to students when they return with their oral care calendars. Have students fill in their name and the date and bring the certificate home for display on the refrigerator or in their rooms.

Activity
1

SMART SMILES

Part A.

Healthy teeth help you look and feel good! Circle the words in the search to find out more about your teeth and how to take care of them.



Word List:

- brush
- floss
- rinse
- cavity
- molar
- bacteria
- incisor
- cuspid
- bicuspid

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

Part B.

Look for three words in the search puzzle that complete the statements below. (The first letter is filled in to give you a hint.) Then, on the back of this sheet, draw a picture showing how you fight tooth decay.

B _ _ _ _ two times a day.



F _ _ _ _ to reach places in between teeth.

R _ _ _ _ to help prevent cavities.



Fun Facts and Tips about Taking Care of Your Teeth

1. There are more bacteria in your mouth than there are people on earth!
2. Visit your dentist at least twice a year.
3. Stay away from sugary and sticky foods like candy. Protect against cavities with a fluoride rinse like LISTERINE® SMART RINSE® and a fluoride toothpaste.
4. Consider using a tinting pre-brush rinse like LISTERINE® AGENT COOL BLUE® that tints teeth blue to teach better brushing.



Sing this song in your head whenever you brush your teeth. Sing it twice to get your teeth their cleanest.

This is the Way We Brush Our Teeth
(to the tune of *Here We Go Round the Mulberry Bush*)



This is the way I brush my teeth, brush my teeth, brush my teeth.
 This is the way I brush my teeth for a lifetime full of smiles.
 I brush them up and brush them down, in little circles round and round,
 Then floss and rinse to make them shine and keep them feeling fine!

Dear Parents,

Your child is participating in a free oral health program from Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc. Here's how you can reinforce today's classroom lesson and ensure SMART STEPS to a healthy smile.

1. Read the above Fun Facts and Tips with your child.
2. Sing along with your child to the *This is the Way We Brush Our Teeth* song while brushing.
3. Have your child draw a picture of the proper way to care for teeth on the back of this sheet.

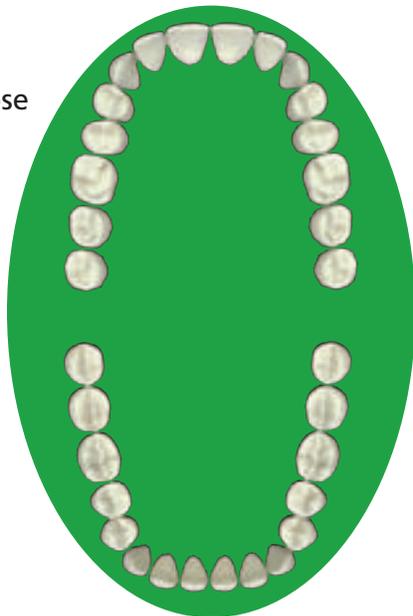
Activity
2

SUPER SMART SMILES

Part A.

What does your smile say about you? Let's learn how to keep those smiles coming!

This diagram shows the types of permanent teeth. Draw a star on the teeth that you have, and put an X on the teeth that haven't grown in yet.



Each tooth has a special job. Draw a line to match the tooth type to its purpose.

Tooth Type	Purpose
1. Bicuspids	a. Sharp, chisel-like shapes help cut and bite into food
2. Incisors	b. Flat surface to help crush and tear food
3. Cuspids	c. Bumpy surface helps grind food
4. Molars	d. Resemble fangs and help tear food



Unscramble these super smart steps to care for your teeth.

1. **nsrie** _____ with fluoride to help prevent cavities, strengthen teeth, and remove particles brushing may miss.
2. **hurbs** _____ with a kid-sized toothbrush like REACH® WONDER GRIP®.
3. **sflos** _____ to reach in between teeth where the toothbrush can't.

Part B.

Let's write a song called *Brush to the Rhythm*. Read the three words to use in your song. Then add your own!

brush, floss, rinse, _____,

_____, _____

What favorite tune do you want to use? Write the name of the song here.

Now, be a rock star. Use your word list and your favorite tune to write your own *Brush to the Rhythm* song or rap. Sing it when you brush your teeth at home. Sing it for your friends!

Brush Up on Dental Health

- Always use an anticavity fluoride rinse after brushing to protect against cavities and strengthen teeth. LISTERINE® SMART RINSE® provides 12-hour cavity protection and makes teeth over 50% stronger than brushing alone.
- Don't forget to get a new toothbrush like the REACH® BATMAN™ or REACH® WONDER GRIP® toothbrush every three months or after you have been sick with a cold or flu.



Activity
3

SMART STEPS



Read this with your parents and get started on your SMART STEPS to a great smile!

Dear Parents,

Use this calendar to keep track of daily brush, floss, and rinse routines by following these directions:

1. Post this calendar in the bathroom as a daily reminder.
2. Have your child place checkmarks inside the boxes for each cleaning session, both morning and evening.
3. At the end of the month, send a photo of your child's smile back to school along with this completed and signed calendar. Your child's teacher will post your child's photo and calendar and distribute a certificate of completion.

Student _____

Month _____



Brush in little circles around all your teeth, not just the front ones!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse
Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse
Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse
Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse	Day _____ <input type="checkbox"/> brush <input type="checkbox"/> floss <input type="checkbox"/> rinse

Remember the three steps to SMART STEPS—brush, floss, rinse!



Brush your tongue to keep your breath fresh.



Use an anticavity fluoride rinse. LISTERINE® SMART RINSE® provides 12-hour cavity protection.

Parent's Signature _____

For more information on keeping your teeth healthy, go to www.ListerineKids.com

SMART STEPS

This certificate is awarded to

_____ (Your Name)

on _____ for successfully completing the
(Date)

SMART STEPS
oral health program.

Congratulations! Happy Smiles!

Teacher: _____



Keep up the good work!

**Brush, floss, and rinse every day, and you will
take the SMART STEPS to beautiful smiles!**





SMART STEPS



Practice these steps twice a day, every day, for SMART STEPS to a healthy smile.



Brush two times a day. Use a soft kid-sized toothbrush like REACH® WONDER GRIP®.



Floss...



Floss in between teeth to clean areas your toothbrush can't reach.



Rinse with an anti-cavity fluoride rinse like LISTERINE® SMART RINSE® to help prevent cavities, strengthen teeth and remove particles brushing may miss.



Dear Parent,

The U.S. Surgeon General reports that 51 million school hours are missed each year because of oral health-related illness. That's why Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc., makers of LISTERINE® and REACH® products, and curriculum specialists Young Minds Inspired are bringing you the **SMART STEPS** oral care program for you and your child.



SMART STEPS FOR YOUR CHILD

Ages 6-9

- **Show, don't tell.** Brush alongside your child. He or she will be more likely to imitate your healthy oral health habits, making the brush, floss, and rinse message more meaningful. Using LISTERINE® AGENT COOL BLUE® rinse before brushing can help your child see exactly where to target the toothbrush.
- **Make oral care fun.** Turn brushing into a funny-face contest. Turn flossing into a countdown game. See who can rinse the longest without laughing.
- **Reward healthy behavior.** Offer rewards for practicing consistent brushing, flossing, and rinsing habits, such as stickers featuring favorite characters or activities like a trip to the park at the end of the week or a movie at the end of a month of conscientious oral care.



Ages 8-12

- **Provide proof.** LISTERINE® SMART RINSE® tints food particles and bacteria, providing proof in the sink of a cleaner mouth. It gives 12-hour cavity protection and makes teeth over 50% stronger than brushing alone!*
- **Brush to the rhythm.** Encourage kids to brush, floss, and rinse to the rhythm of their favorite songs. Keep the cycle going for at least three minutes, with two minutes for brushing and one minute for rinsing. Do it twice a day!
- **Choice is empowering.** Let kids have a say in choosing their oral care products. The variety of toothbrush styles like the REACH® BATMAN™ or REACH® WONDER GRIP® toothbrush and toothpaste flavors available will allow your child to show his or her own personality and help establish ownership for keeping teeth clean.



Try the new 95 mL size LISTERINE® SMART RINSE® in the trial & travel section of your local Supercenter.

*based on laboratory data
Use only as directed.

Helps kids remove plaque from the hard-to-reach places.



Provides 12-hour cavity protection.



Tints teeth to help teach kids better brushing.



Makes brushing fun!



Use only as directed.

Manufacturer's Coupon | Expires 04/1/2011

Try these oral care products for kids.

\$1 off

\$1 off on any LISTERINE® kids rinse or REACH® kids brush.



LISTERINE® SMART RINSE®, LISTERINE® AGENT COOL BLUE®, REACH® WONDER GRIP® and REACH® BATMAN™ Toothbrush

CONSUMER: Limit one coupon per purchase specified. Any other use constitutes fraud. Void if copied, transferred or expired. RETAILER: We will pay you for the face value of this coupon, plus 8¢ handling, if submitted in compliance with the Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc. Coupon Redemption Policy, available upon request. Void where prohibited, taxed, or restricted by law. Cash value 1/100¢. Mail coupons to: Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc., NCH, P.O. Box #880024, El Paso, TX 88588-0024. Expires 04/1/2011. For questions regarding this coupon, call 1-800-648-0027. © McNEIL-PPC, Inc. 2010



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Manufacturer's Coupon | Expires 04/1/2011

Try these other kids products to help keep your child healthy!

\$1 off

\$1 off on any BAND-AID® Brand Adhesive Bandage or Neosporin® product.



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Manufacturer's Coupon | Expires 04/1/2011

And for moms and dads...

\$1 off

\$1 off on any LISTERINE® mouthwash (1L or larger).



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