



Hamilton

Hamilton Public Health Dental Services
Healthy Families, Healthy and Safe Communities
110 King Street W, 3rd Floor, Hamilton, ON L8P 4S6
(P): 905.546.2424 Ext. 5369 (F): 905.546.3007

LINKS TO DENTAL RESOURCES

The following links are to be used as dental resources. There are no copyrights attached to them, so you can freely use them in your classroom.

Most of the information is from health units in Canada. There are also some resources from dental companies and although the information is dentally accurate, we do not endorse any one product over another.

If you have any questions about dental information, please feel free to call our office at 905-546-2424 ext. 5369.

All Grades

[Smile Certificate](#)

You can create a special certificate for children who have lost their first tooth as a way to celebrate this special event!

[Certificat du Sourire](#)

Vous pouvez créer un certificat pour célébrer la perte de la première dent de votre enfant.

Preschool to Elementary

Activities and Handouts/ Activités et documents à distribuer

[Dental Bingo Activity - Preschool](#)

Fun Bingo activity for kindergarten students. (10 Bingo Card options.)

[Activité de bingo dentaire - Préscolaire](#)

Activité de bingo amusante pour les élèves de la maternelle et du jardin. (10 options de cartes de bingo.)

[DIY Marshmallow Tooth Activity with Tooth Chart - Preschool to Elementary](#)

Gather all the required materials and create your very own marshmallow mouth! Practice flossing and brushing on your craft. Includes a diagram of baby teeth. Great craft for students in kindergarten or grade 1!

[Connect the Dots - Preschool to Elementary](#)

Is it a smile? Is it a tooth? Connect the dots to find out! Useful for students in kindergarten to grade 2.

[Relier les points – niveau préscolaire et élémentaire](#)

Est-ce un sourire? Est-ce une dent? Reliez les points pour le découvrir! Pour les élèves de la maternelle à la 2^e année.

[Brushing Calendar Tracker Sheet - Preschool to Elementary](#)

A tracking tool for students to create consistent brushing habits at home. Great for students in kindergarten to grade 3!

[Oral Health Activity Book - Preschool to Elementary](#)

A fun-filled activity book related to dental health. (8 pages.) Intended for students in kindergarten through grade 4.

[Cahier d'activités sur la santé buccodentaire – niveau préscolaire et élémentaire](#)

Un cahier d'activités amusantes sur la santé dentaire. (8 pages) Pour les élèves de la maternelle à la 4^e année.

Colouring Pages

[Colouring Page - Preschool to Elementary](#)

Colour in the superhero tooth! Best for students in kindergarten through grade 3.

[Colouring Page 2 - Preschool to Elementary](#)

Attack the plaque! Colour the tooth and unhealthy sugary snacks! Intended for students in kindergarten through grade 3.

Experiments/ Expériences

[Eggperiment Activity Instructions - Preschool or Elementary](#)

Interested in visualizing how acid attacks affect the enamel on our teeth? Wondering how we can prevent acids from breaking down our teeth? Try this experiment to find out! Can apply to all grade levels!

[Instructions pour l'expérience de l'œuf fluoré – niveau préscolaire et élémentaire](#)

Vous voulez montrer comment les acides s'attaquent à l'émail des dents? Vous voulez savoir comment nous pouvons empêcher les acides de fragiliser nos dents? Essayez cette expérience pour le savoir! Peut s'appliquer à tous les niveaux scolaires.

[Observing Decay and Brushing Activity - Preschool to Elementary](#)

Using hardboiled eggs and some dark pop, students will learn how teeth develop stain and how toothbrushing helps reduce stain and plaque! **Handouts included:** "Observing Decay", "How to Brush", and "Smile Care Calendar". Great for students in kindergarten through grade 2!

[Observer la carie et activité de brossage - niveau préscolaire et élémentaire](#)

À l'aide d'œufs cuits durs et de boissons gazeuses foncées, les élèves apprendront comment les taches se forment sur les dents et comment le brossage des dents aide à réduire les taches et la plaque!

Documents à distribuer : Observation de la pourriture, Comment brosser ses dents et Calendrier du brossage des dents. Idéal pour les élèves de la maternelle à la 2^e année!

Lesson Plans/ Plans de cours

[Baby Teeth Lesson Plan - Preschool \(Kindergarten\)](#)

Teach your students all about the importance of baby teeth. Why do we have teeth? How do we use them? How many sets will we have? Read on to find out!

[Keeping Teeth Healthy Lesson Plan - Preschool to Elementary \(Kindergarten to Grade 3\)](#)

Teach your students about plaque and cavities, as well as proper brushing techniques. Do the foods we eat affect our teeth? Read on to find out!

[Dental Office Visit Lesson Plan - Preschool to Elementary \(Kindergarten to Grade 3\)](#)

Are your students curious about their first dental visit? Do they know who works at the dental office and their different roles? Find out why going to the dentist is so important!

[Dental Lesson Plans - Preschool to Intermediate \(Kindergarten to Grade 6\)](#)

Age-dependent lesson plans that cover a variety of dental topics.

[Helpful Tips for Healthy Smiles at Halloween - Preschool to Intermediate \(Kindergarten to Grade 8\)](#)

Quick tips/lesson plan for educating students on how to protect their teeth during Halloween

[Des conseils pratiques pour des sourires en santé à l'Halloween – niveau préscolaire à intermédiaire \(de la maternelle à la 8^e année\)](#)

Des conseils pour apprendre aux élèves à protéger leurs dents à l'Halloween.

Educational Videos

(NOTE: if you click any links and your browser opens with a message “Your browser is up to date”, simply click the button titled “BROWSE YOUTUBE” and the episode will open.)

[Taking Care of Your Teeth Lesson - Preschool \(Kindergarten\)](#)

Students will learn all the reasons why it is important to care for our teeth, as well as how to do so!

[Sesame Street Dental Visit Full Episode - Preschool to Elementary \(Kindergarten to Grade 1\)](#)

In this full episode, the Sesame Street crew help describe what a dental visit is like, before going to see the dentist! Topics include tools dentists use, and who their helpers are!

[Why do We Brush Our Teeth? - Preschool to Elementary \(Kindergarten to Grade 3\)](#)

SciShow Kids explains all the reasons why brushing is so important!

[Why Do We Have Baby Teeth? - Preschool to Elementary \(Kindergarten to Grade 3\)](#)

Scishow Kids explains why we have baby teeth and why we lose them as we grow up!

[Visiting the Dentist - Preschool to Elementary \(Kindergarten to Grade 3\)](#)

SciShow Kids describes what a visit to the dentist feels, looks, and sounds like! We learn about the role of the Dental Hygienist vs the Dentist!

Read-Aloud Dental Books

(NOTE: if you click any links and your browser opens with a message “Your browser is up to date”, simply click the button titled “BROWSE YOUTUBE” and the episode will open.)

[How to Catch the Tooth Fairy - Preschool to Elementary \(Kindergarten to Grade 2\)](#)

Will the tooth fairy get caught? Or is she too clever to fall for fairy traps? Written by Adam Wallace.

[Just Going to the Dentist - Preschool to Elementary \(Kindergarten to Grade 3\)](#)

Little Critter shows us that going to the dentist is not that scary at all! Written by Mercer Mayer.

[The Tooth Book - Preschool to Elementary \(Kindergarten to Grade 3\)](#)

Booth has a loose tooth! But instead of falling out, Booth keeps finding all sorts of funny things in his mouth! Written by Mark Bacera.

Parent-Student Resources/ Ressources pour les parents et les élèves

[Oral Health Tips Handout for Students and Parents - Preschool to Elementary \(Kindergarten to Grade 1\)](#)

Fact-filled hand-out with oral health tips for ages 3-6.

[Conseils sur la santé buccodentaire pour les élèves et les parents – niveaux préscolaire et élémentaire \(de la maternelle à la 1^{re} année\)](#)

Des faits et des conseils sur la santé buccodentaire pour les enfants de 3 à 6 ans.

[Treats are Sweet Handout for Students and Parents - Preschool and Elementary \(Kindergarten to Grade 3\)](#)

A resource relating to sugar and making healthy choices.

[« Les gâteries sont géniales », document pour les élèves et les parents – niveaux préscolaire et élémentaire \(de la maternelle à la 3^e année\)](#)

Une ressource sur le sucre et les choix sains.

Elementary

Activities and Handouts/ Activités et documents à distribuer

[Tooth Types Worksheet - Elementary](#)

Students will draw different types of teeth, and describe their function. Best for students in grades 1 through 3.

[Dental Bingo Activity - Elementary](#)

Fun Bingo activity for grades 1 to 4. (19 Bingo Card options.)

[Activité de bingo dentaire - élémentaire](#)

Activité de bingo amusante pour les élèves de la 1^{re} à la 4^e année. (19 options de cartes de bingo.)

[Describe a Toothbrush Worksheet - Elementary](#)

Students will describe the different parts of a toothbrush and why it is a useful tool for us to keep our teeth clean! Intended for grades 1 through 4.

[Create a Healthy Lunch Worksheet - Elementary](#)

Students will have the opportunity to describe a lunch that is both healthy for their teeth and their bodies! Suited for students grade 1 to 6.

[Dental Maze - Elementary](#)

Students can find their way towards healthy, and unhealthy dental choices. Useful for grades 2 and up.

[Labyrinthe dentaire - élémentaire](#)

Les élèves peuvent se frayer un chemin qui mène à des choix dentaires sains et malsains. Pour les élèves à partir de la 2^e année.

[Dental Word Search - Elementary](#)

Students will learn basic dental terminology in this activity. Great for students in grades 2 and up!

[Mots cachés sur les soins dentaires - élémentaire](#)

Les élèves apprendront la terminologie de base des soins dentaires. Pour les élèves à partir de la 2^e année.

[Halloween Fill in the Blanks Activity - Elementary](#)

Did you have a Halloween-themed dental lesson plan? Quiz your students with this “Spooktacular Smiles” fill-in-the-blanks worksheet. Best for grades 3 and up.

[Various Activity Handout 1 - Elementary](#)

Various activities including a maze, crossword, with a fun dental fact! Useful for students in grades 4 through 8.

[Various Activity Handout 2 - Elementary](#)

Various activities including “untangle the floss”, spot the difference, a joke, and a fun dental fact! Great for students in grades 4 through 8.

[Various Activities Handout 3 - Elementary](#)

Various activities including a maze, word search, dental decoder, jokes, and a fun dental fact! Best suited for students in grades 4 through 8.

[Different Types of Sugars Handout - Elementary](#)

Students will learn about different sweetening agents, and which ones can and cannot damage our teeth! Great for students in grades 4 through 8.

Lesson Plans/ Plans de cours

[All About Teeth Lesson Plan - Elementary \(Grades 1- 3\)](#)

Why are teeth so terrific? Why do we lose our teeth? Why should we care for our new adult teeth? Read on to find out!

[Plaque Attack Lesson Plan - Elementary \(Grades 1 - 3\)](#)

What is plaque and how can it harm our teeth? This lesson plan will explain just how!

[Good Oral Health is up to You Lesson Plan - Elementary \(Grades 1 - 3\)](#)

Proper brushing and flossing, as well as nutritious foods, are the keys to having healthy teeth for our entire lives! Learn about it here!

[Dental Health Lesson Plan - Elementary to Intermediate \(Grades 4 - 8\)](#)

A little more in-depth and technical for older students. Topics include plaque, decay, baby teeth vs adult teeth, how cavities are repaired, proper oral care, etc.

[Other Methods to Protect Teeth Lesson Plan - Elementary to Intermediate \(Grades 4 - 8\)](#)

Beyond brushing and flossing, how can we care for and protect our teeth? Topics include dental sealants, mouthguards, behaviours, and tobacco-use.

[The Extra Mile for Healthy Teeth Lesson Plan - Elementary \(Grades 7 - 8\)](#)

This module discusses peer pressure, behaviours/habits, mouth jewelry, and tobacco-use as it relates to our oral health. Mouthguards are also discussed in this module.

[Watch Your Mouth Visual Presentation - Elementary \(Grade 7 - 8\)](#)

A slideshow presentation covering a variety of topics as related to oral health. [Crossword Handout here!](#) ([Answers to Crossword Handout here.](#))

Educational Videos/ Vidéos éducatives

[What Happens if You Stopped Brushing - Elementary to Intermediate \(Grades 4 - 8\)](#)

This video introduces concepts of bacteria and gingivitis. Topics include progression of gum disease, and how gum disease affects our bodies as a whole!

[What Causes Cavities? - Intermediate \(Grade 6 - 8\)](#)

Ted-Ed video for older students discussing how cavities are formed, and how we can prevent them from developing.

[Rappelez-vous que la prévention est la clé](#)

Les élèves apprendront toutes les raisons pour lesquelles il est important de prendre soin de nos dents, ainsi que comment le faire!

[Muffins : alerte au sucre!](#)

[Yogourt : alerte au sucre!](#)

[Fruits secs : alerte au sucre!](#)

[Ketchup : alerte au sucre!](#)

Parent-Student Resources/ Ressources pour les parents et les élèves

[Oral Health Tips Handout for Students and Parents - Elementary \(Grades 1 - 8\)](#)

Fact-filled hand-out with oral health tips for ages 7-12.

[Conseils sur la santé buccodentaire pour les élèves et les parents - élémentaire \(de la 1^{re} à la 8^e année\)](#)

Des faits et des conseils sur la santé buccodentaire pour les enfants de 7 à 12 ans.