

Little Chompers Activity Book



healthAbility

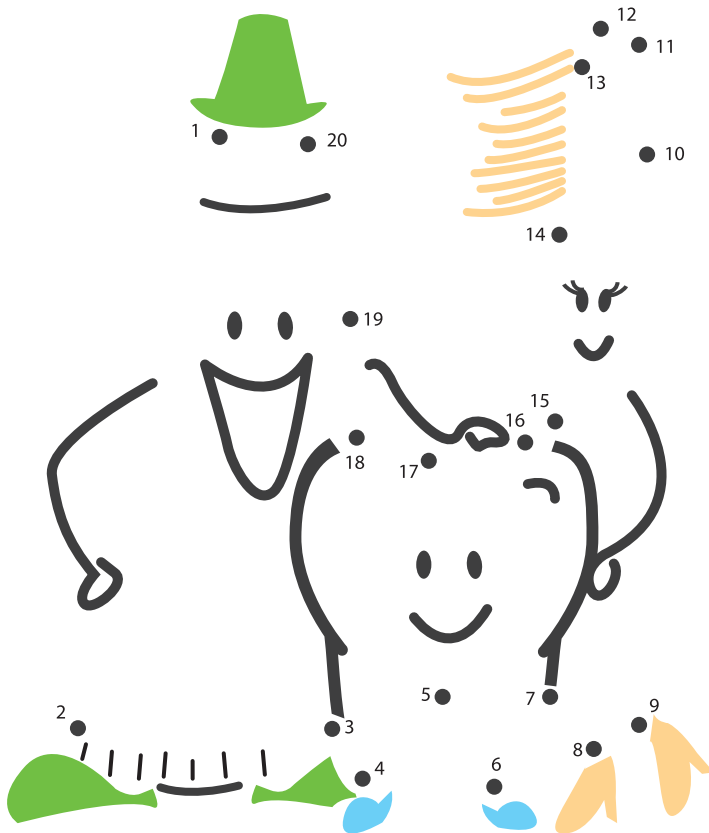
By your side
healthability.org.au

Phone (03) 9430 9100

Email contact@healthability.org.au

Connect the dots

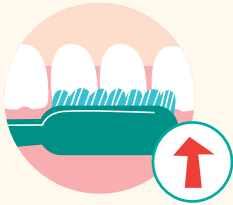
Connect the numbers 1 to 20 to see who these three characters are and colour the picture!



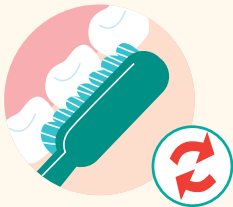
How to brush your teeth



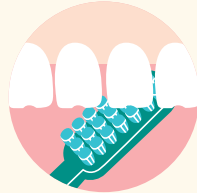
1 Use a pea-sized amount of toothpaste



2 Aim the toothbrush at an angle towards the gum line



3 Use a gentle circular motion



4 Repeat on the inside surface

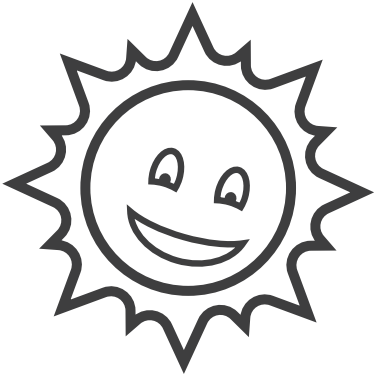


5 Use a light back and forth motion on the chewing surfaces

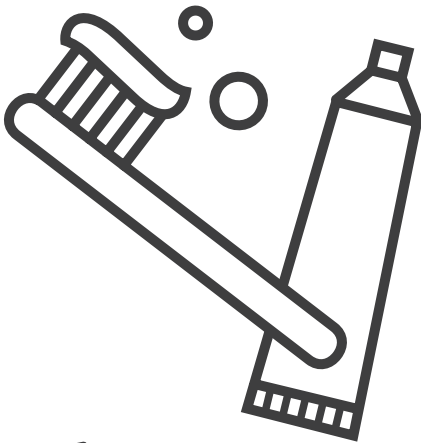
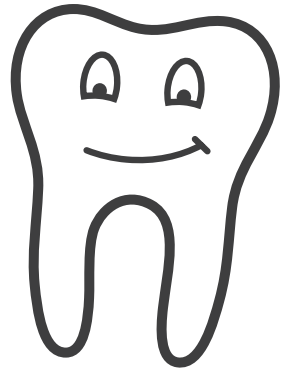


6 Brush your tongue

Colouring in



CHEW



BRUSH



FLOSS



Count how many items there are



I see dental mirrors



I see dental chairs



I see toothbrushes



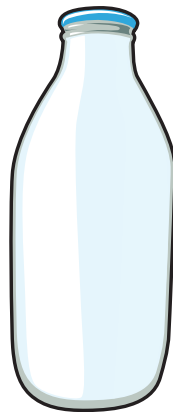
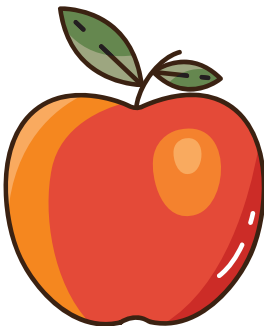
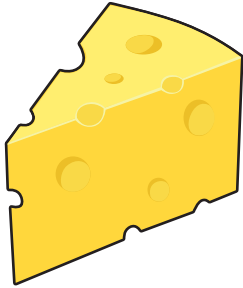
I see tubes of toothpaste



I see glasses of water

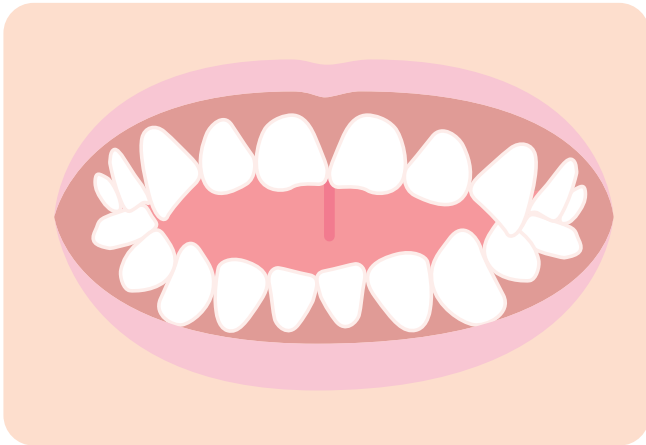
Everyday foods and sometimes foods

Draw a circle around all the Everyday foods and put a cross through the Sometimes foods.



How many teeth?

Count how many teeth are in this smile.



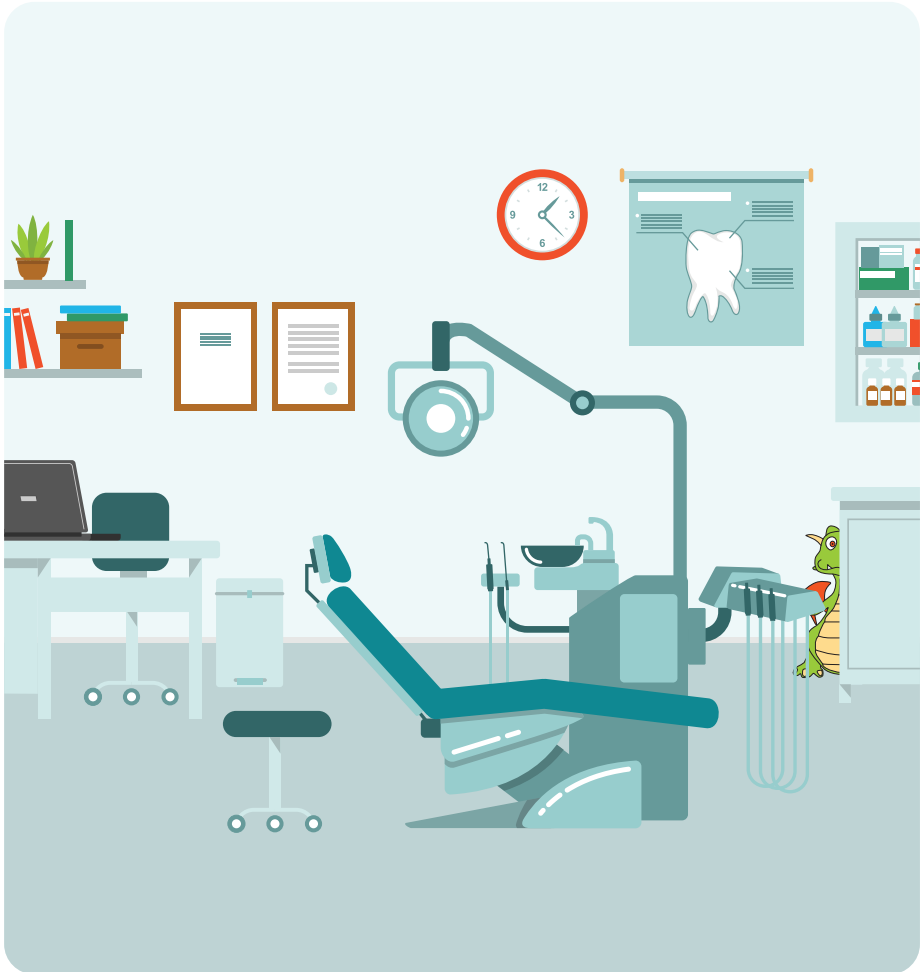
Top row _____

Bottom row _____

Find items in the dental clinic

Circle the items you can find in the picture:

- A plant
- A brown box
- A clock
- Doug, the dragon
- A laptop computer
- A stool
- A rubbish bin
- A dental chair
- A tooth poster
- A dental sink and taps



Spot the difference

Can you spot five differences between these two teeth?



Teeth brushing chart

Brush your teeth for 2 minutes,
twice a day for a shiny, bright smile!

Name:



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday





CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS PROUDLY PRESENTED TO



*In recognition of your participation in
the Little Chompers program delivered
by healthAbility*

Dated _____

