



Brushing and Flossing: Discussion Question Guide

Grin for Kids- How to be a Big League Brusher

1. How much toothpaste should you use to brush your teeth?
2. How often should you change your toothbrush?
3. How many minutes should you brush your teeth?

Grin for Kids- By the Numbers

1. How many times a day should you brush your teeth?
2. How many times a day should you floss?
3. How many times a year should you visit your dentist?

Grin for Kids- Before there were Toothbrushes

1. What did the Ancient Egyptians use to brush their teeth?
2. What would you have used to clean your teeth when there weren't any toothbrushes?
3. Who used hair from a pig's neck to make toothbrush bristles?

Grin for Kids- Brushing and Flossing Calendar

1. How are you going to decorate your calendar?
2. How many minutes a day should you brush your teeth?
3. When should you floss your teeth?

Grin for Kids- Stain "Egg-speriment"

1. What other liquids could you try with this experiment?
2. Were you surprised by the results?

Grin for Kids- Elephant Toothpaste

1. How much toothpaste did you make?
2. What flavor did you make?
3. Were you surprised by how much toothpaste an elephant would need to brush their teeth?

Grin for Kids- Turn Your Old Toothbrush into a Paintbrush

1. How often should you replace your toothbrush?
2. What else could you use your old toothbrush for?

Grin for Kids- Hole in One

1. Were you surprised by the results of the experiment?
2. What did you think would happen to the apple with the hole?
3. Did the experiment help you understand the importance of brushing your teeth?

Grin for Kids- How do Astronauts Brush Their Teeth in Space?

1. Where do astronauts get water for their toothpaste?
2. Since there is no gravity in space, how do astronauts make sure their toothpaste doesn't float around?
3. What were the 10 oral health items hidden in the picture?

¿Cómo se cepillan los dientes los astronautas en el espacio?

1. ¿Dónde consiguen los astronautas agua para la pasta de dientes?

2.- Dado que no hay fuerza de gravedad en el espacio, ¿cómo se aseguran los astronautas de que su pasta dental no flote por todos lados?

3. ¿Cuáles eran los 10 artículos de salud oral ocultos en la imagen?

Grin for Kids- Plaque Attack

1. Were your predictions right?
2. What is plaque made from?
3. What does bacteria use as a form of energy?
4. What does acid do to your tooth enamel?

Ataque de placa

1. Tus predicciones, ¿resultaron correctas?

2. ¿De qué está hecha la placa dental?

3. ¿Qué utilizan las bacterias como forma de energía?

4. ¿Cuál efecto tiene el ácido en el esmalte dental?

For more dental health educational resources, go to www.healthysmilelearning.org. Healthy Smile Learning is an outreach effort of Arizona PBS on behalf of the Delta Dental Institute.

Grin for Kids- Plaque Spotter

1. How did your teeth look after you chewed the tablet?
2. Why is brushing your teeth important?

Detector de sarro

1. *¿Qué aspecto tenían tus dientes después de masticar la tableta?*
2. *¿Por qué es importante cepillarte los dientes?*

Grin for Kids- Robot Toothbrush Holder

1. What did you name your robot toothbrush holder?
2. Did you remember to program it to hold your toothbrush?

Robot porta cepillos de dientes

1. *¿Qué nombre le pusiste a tu robot porta cepillos de dientes?*
2. *¿Te acordaste de programarlo para sostener tu cepillo de dientes?*

Grin for Kids- Brush and Floss with a Robot

1. How much toothpaste should you use?
2. How long should you be brushing?
3. Why should you floss your teeth?

Límpiate los dientes con un robot

1. *¿Cuánta pasta de dientes debes usar?*
2. *¿Por cuánto tiempo debes cepillarte los dientes?*
3. *¿Por qué deberías usar el hilo dental?*

Grin for Kids- Name Your Toothbrush

1. What did you name your toothbrush?
2. Did your toothbrush have a name before this activity?

¿Cómo se llama tu cepillo dental?

1. *¿Qué nombre le diste a tu cepillo dental?*

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2. *Antes de esta actividad, ¿tu cepillo de dientes tenía un nombre?*

Grin for Kids- Sing the Brushing and Flossing Song

1. Do you have a song that you sing while you brush and floss?
2. What do you think of the song?

Canta la canción de cepillado y uso del hilo dental

1. *¿Tienes una canción que cantas mientras te cepillas y usas el hilo dental?*
2. *¿Qué piensas de la canción?*

Grin for kids- Fantastic Flossing

1. How many inches of floss should you use?
2. What else can you use floss for?
3. Should you only floss your front teeth?

Grin for Kids- Fab Floss

1. Were you surprised by the results of the experiment?
2. After doing the experiment, do you think you should floss every day?

Fabuloso hilo dental

1. *¿Te sorprendieron los resultados del experimento?*
2. *Después de hacer el experimento, ¿crees que deberías usar el hilo dental todos los días?*