

Tooth defender game cards

Directions: Print on cardstock, cut out each individual flashcard, shuffle, and follow instructions on lesson plan.

Brushing your
teeth twice a
day for 2
minutes

Flossing
between
your teeth
once a day

Drinking
water
instead of
sugary
drinks

Eating
crunchy
fruits and
vegetables

Using
fluoride
toothpaste
to
strengthen
your teeth

Visiting the
dentist for a
check-up
every six
months

Chewing
sugar-free
gum after
meals

Drinking
milk, which
has calcium
for strong
teeth

Rinsing your mouth with water after eating sticky foods

Using a soft-bristled toothbrush to clean your teeth gently

Eating lots of candy and not brushing afterwards

Forgetting to floss between your teeth

Biting your nails or chewing on a pencil

Using your teeth to open bottles or packages

Using your teeth to open bottles or packages

Skipping visits to the dentist

Drinking
sugary
sports drinks
instead of
water

Eating sticky
foods, and
not brushing
afterwards

Brushing
your teeth
too hard and
damaging
your gums

