

# CONGRATULATIONS!

is a member of the Super Smile Team!





























FIGHTING FOR GOOD  
ORAL HEALTH  
'2MIN2X'



(Paste your picture in the circle above!)

# FOR A SUPER SMILE REMEMBER:

## 2 MIN 2X

Sunday	 	 
Monday	 	 
Tuesday	 	 
Wednesday	 	 
Thursday	 	 
Friday	 	 
Saturday	 	 

**Make it a habit!**

**Brush your teeth for 2 minutes, 2 times every day! Keep this handy reminder by your toothbrush and check the box in the upper right corner after each time you brush.**

**Can you check off every box for the week?**



# SUPER SMILE SECRET MESSAGE!

Help Gen learn the Super Smile secret by decoding the message below!

Add up the numbers represented by each set of symbols and replace them with the corresponding letter.

For example, the first letter in the message is R.

A spiral counts for 10, a star counts for 5, and each dot counts for 1, so  $10+5+3=18$  and the 18th letter of the alphabet is R.



1 = ●      5 = ★      10 = ☉

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

☉★ ●●●	★	☉ ●●●	★	☉ ●●●	●●	★	☉★ ●●●	☉☉	☉★
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

●●	☉★ ●●●	☉☉ ●	☉★● ●●●	★ ●●●	☉☉	☉☉	☉☉ ●●●	☉★
_____	_____	_____	_____	_____	_____	_____	_____	_____

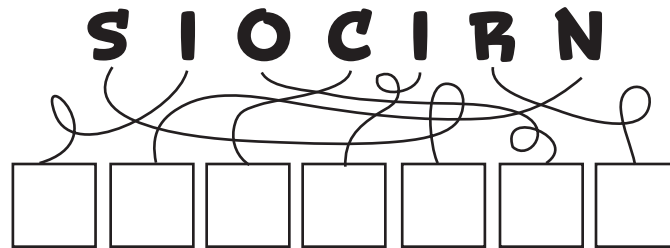
☉ ●●●	★● ●●●	☉● ●●●	☉☉ ●	☉☉	★	☉★● ●●●	☉☉	☉☉ ●●●	☉★
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

☉☉	★● ●●●	☉ ●●●	★	☉★● ●●●	●	●●●	●	☉☉ ★
_____	_____	_____	_____	_____	_____	_____	_____	_____

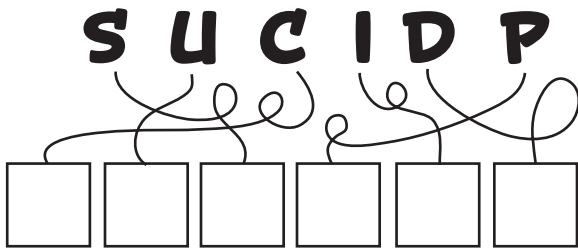
# DID YOU KNOW ...

...you have different kinds of teeth designed to do different things?  
Help K-9 learn their names.

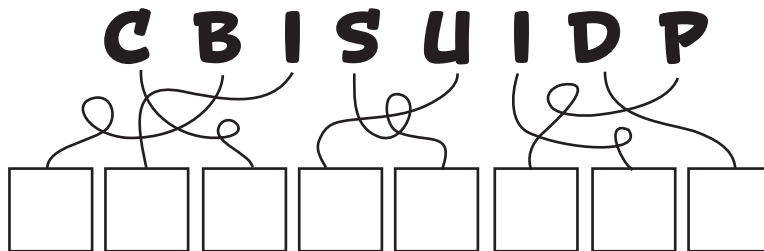
Unscramble the words by following the floss path and then write the letter in the box.



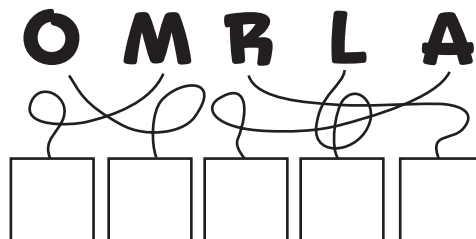
1. These flat front teeth are for biting into food.



2. These teeth tear food into smaller pieces.



3. A second set of food-tearing teeth.



4. These big teeth at the back of your mouth grind food into very small pieces.



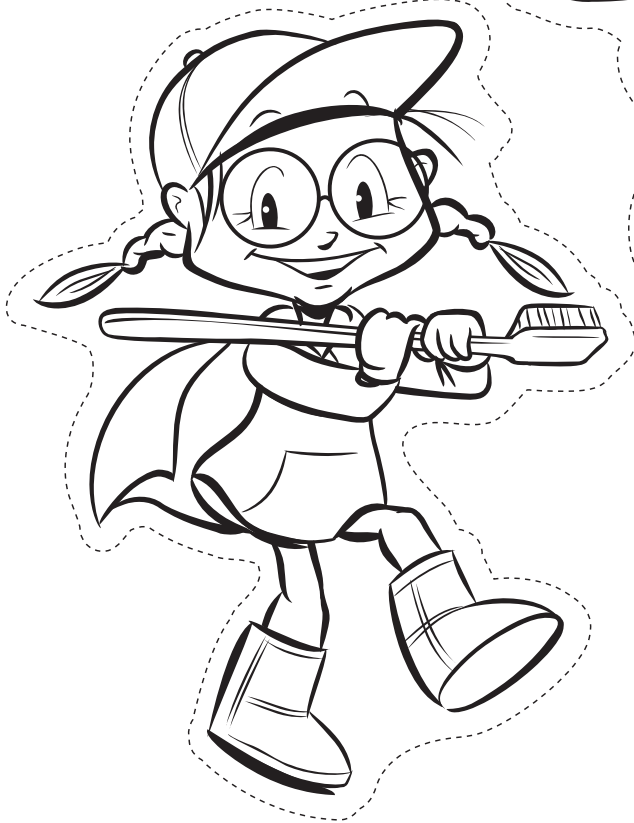
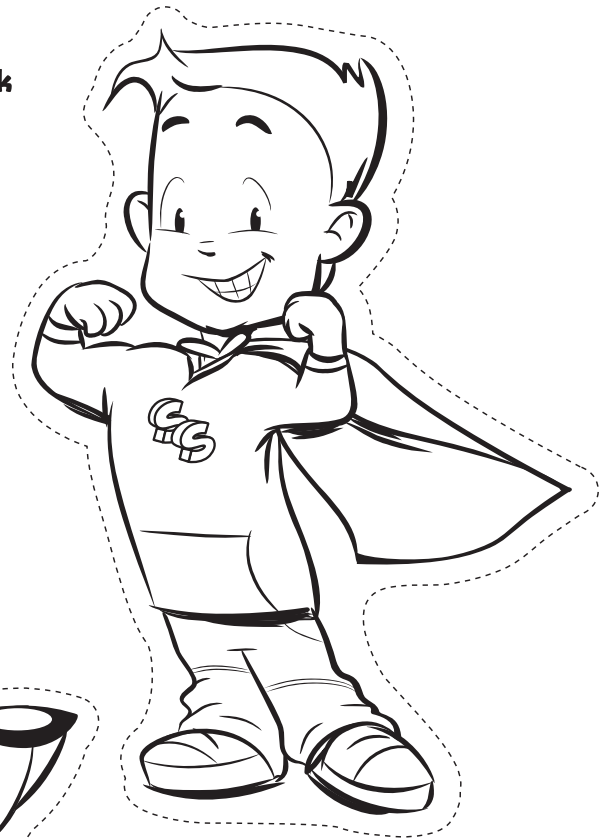


# MAKE A SUPER SMILE PUPPET SHOW!

Paste this sheet onto a piece of heavier paper.  
Then cut out the characters along the dotted lines and color them in.



Glue or tape a craft stick  
to the back of each  
and create your own  
Super Smile  
puppet adventures!



# ***BRUSH YOUR TEETH***

## ***2 MINUTES 2 TIMES A DAY!***

**Lots of things come in Twos. Like twins, Den and Gen Smiley!**  
**Look at the pictures below and write the names of these things that come in twos.**  
**Can you think of any others? Draw a picture in the spaces below!**



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# ***JOIN THE SUPER SMILE TEAM!***

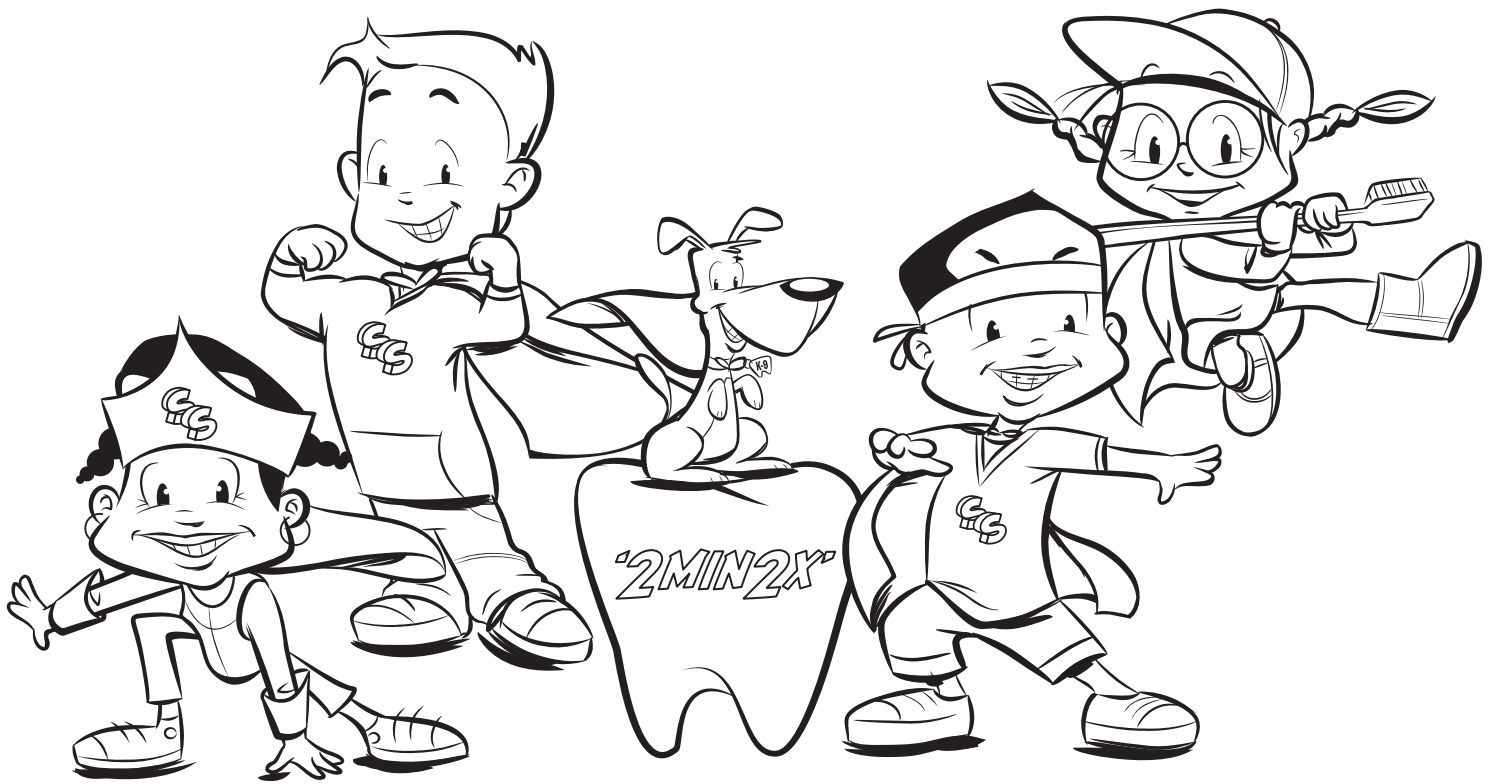
**Color in the Super Smile logo below, then cut it out along the dotted lines.  
Pin or tape it to your shirt.**

**Add a cape, wristbands, whatever you want to create  
the rest of your Super Smile Team costume!**

**Remember: brush your teeth 2 minutes, 2 times a day!**







## The Super Smile Team!

Meet K-9! He's a frisky pup who cares as much about good oral health as his buddies Flossy and Buck McGrinn, and Den and Gen Smiley.

One day the whole gang decided to play super heroes. They put on capes, made costumes, struck super hero poses and became The Super Smile Team! Even K-9 got in on the act!

Of course, every super hero needs a mission. The Super Smile Team's quest? To fight for good oral health by following this simple rule, "2min2x." That's code for "brush your teeth two minutes, two times a day."

Flossy, Buck, Den, and Gen know the importance of good dental habits to keep their super smiles bright. They brush their teeth when they get up in the morning and again before they go to bed at night. They also floss their teeth once each day. Because Den wears braces, he is especially careful about keeping his teeth healthy so he has a sparkly smile when the braces come off.

Being super heroes takes a lot of energy so the McGrinns and Smileys do eat snacks between meals but very few sugary ones. They usually stick to fruit and other healthy foods, and they choose water when they are thirsty instead of soda pop.

Want to be a part of The Super Smile Team? Join in the fun by playing the games and doing the activities to learn how to take good care of your teeth.

And remember the code "2min2x"! For a super smile and healthy mouth, brush your teeth two minutes, two times a day.