

EARLY YEARS & PRIMARY · 30 MIN

Healthy Smiles



A fun, ready-to-run oral-health session. No dental training needed!

 30 minutes

 Whole class

 Ages 2-12

WHAT KIDS WILL LEARN



Why we brush



How to brush



Best foods



Water is best

YOU'LL NEED The 3 Pearly posters · a big tooth drawing & a toothbrush · food picture cards · a 2-minute timer or song · lunchbox sheets to send home.

THE SESSION

01

5 min

Warm-up · Show your smile

Everyone shows their biggest smile — count your teeth!



02

10 min

Talk · Beat the sugar bugs

Brush **2× a day, 2 minutes**, in little circles. Then spit — don't rinse!



03

10 min

Play · Pick one

Little kids: brush “plaque” off a giant tooth to a 2-minute song.

Big kids: sort food cards into *everyday* and *sometimes*.



04

5 min

Wrap-up · Smile promise

Each child names one thing they'll do. Hand out the lunchbox sheet.



5 healthy-smile habits

- 1 Brush morning & night
- 2 Two minutes, little circles
- 3 Spit, don't rinse
- 4 Water is the best drink
- 5 Everyday foods most of all



MAKE IT FIT YOUR GROUP

Early years (2–5)

- Keep it short — 15 minutes, lots of song.
- Two ideas only: brush day & night, drink water.

Primary (5–12)

- Hunt for hidden sugar on snack labels.
- Run a “2 × 2” brushing challenge for a week.

KEEP IT GOING

- Pin the posters by the sink.
- Send the lunchbox sheet home.
- Book a Pearly visit for the class.

CURRICULUM

Australian Curriculum: Health & PE (personal health)
• EYLF Outcome 3: children have a strong sense of wellbeing.



Bring Pearly to your centre

Our Pearly Dental Week: _____

Book an on-site visit

1300 130 131 • pearly.com.au