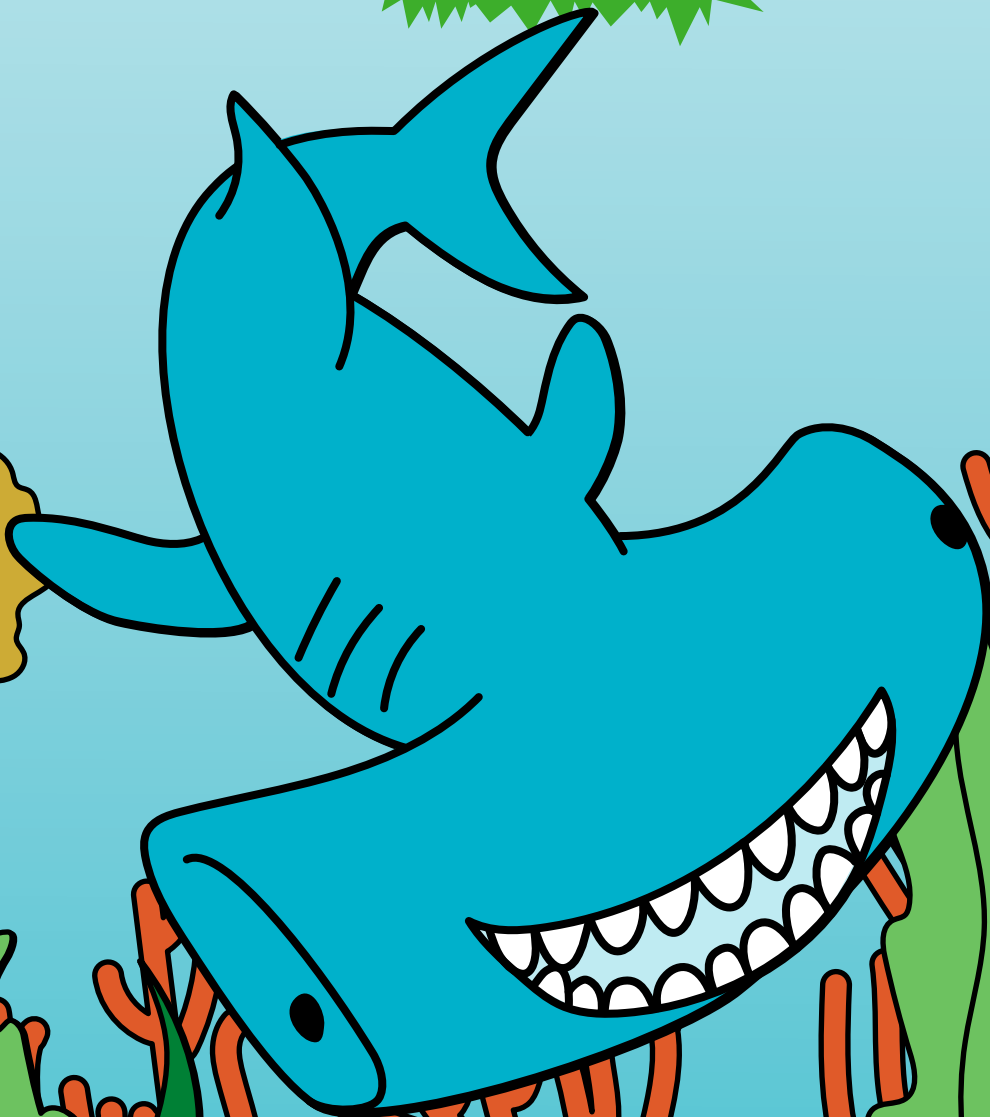
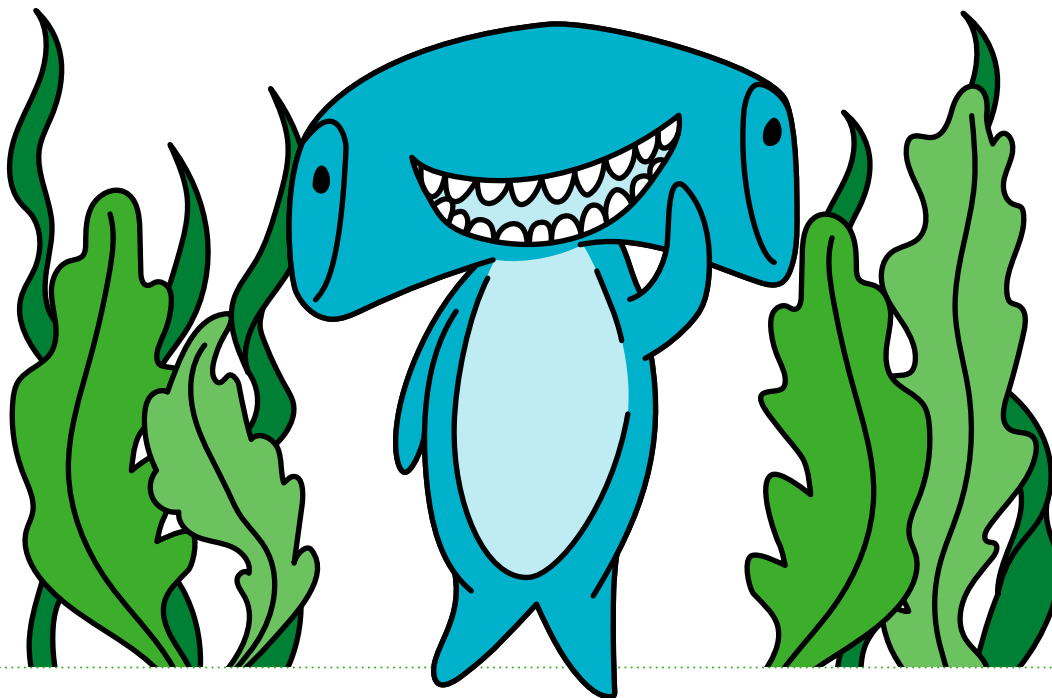


grin!

for **KIDS**





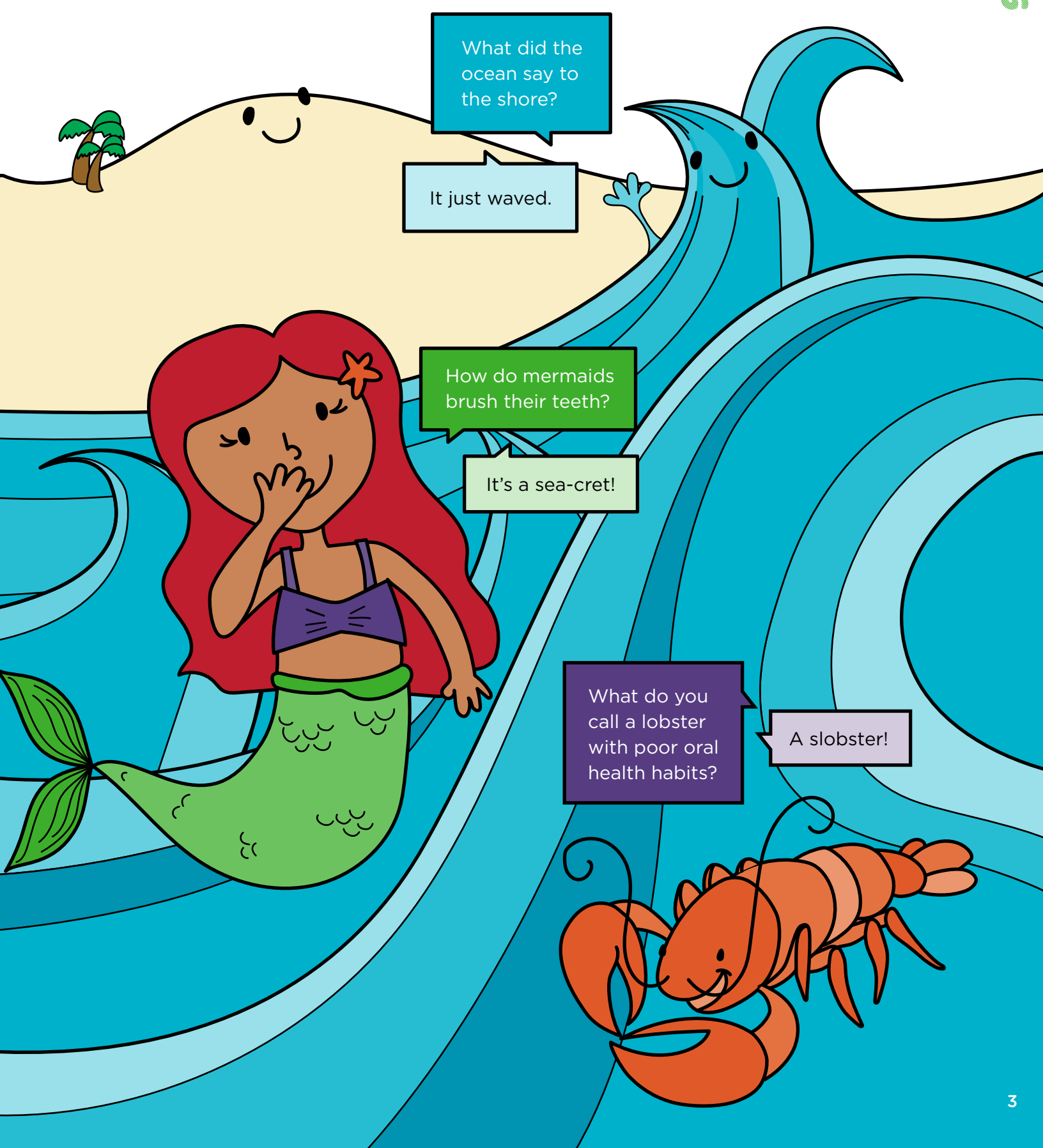
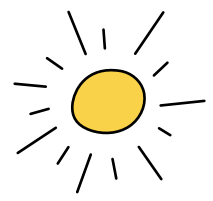
Say hello to Finn! He is a hammerhead shark. They get their name from the hammer-like shape of their head. Finn loves to explore the ocean, discover amazing sea creatures, and take great care of his smile.

- ARTICLES**
- 6 Underwater friends from around the world
 - 10 Smile by the water
 - 14 Stay healthy while you play
 - 19 Exploring the deep, deep ocean
 - 20 Give your teeth the royal treatment
 - 22 What's that smell? Give your pet a clean home.
-

- ACTIVITIES**
- 4 Ocean facts and ocean fakes
 - 8 Get fishy with it: ocean yoga poses
 - 16 Be a-maze-d by jellyfish
 - 21 Kick back and care for your smile
-

- ARTS & CRAFTS**
- 5 Track your lost teeth
 - 9 Craft corner: sharks here, there, and everywhere
 - 11 Recipe: veggie-and-cheese palm tree
 - 12 A city under the sea
 - 15 Experiment: Does it float or sink?
 - 17 Spot that sea creature
-

Chuckle corner



What did the ocean say to the shore?

It just waved.

How do mermaids brush their teeth?

It's a sea-cret!

What do you call a lobster with poor oral health habits?

A slobster!

Ocean facts and ocean fakes

Ocean animals are very different from most land animals. There are so many unique creatures! Read the questions below and answer with true or false. When you are done, check the answers at the bottom of the page.

TRUE OR FALSE?

1 Sharks clean their own teeth.

2 Dolphins are not fish.

3 Not all whales have teeth.

4 Jellyfish come in grape, raspberry, and blackberry flavors.

5 Sharks can die if they stop swimming.

6 Fish have no memory.

FUN FACT: Jelly on toast is tasty. And the best kind of jelly for your smile is sugar free!

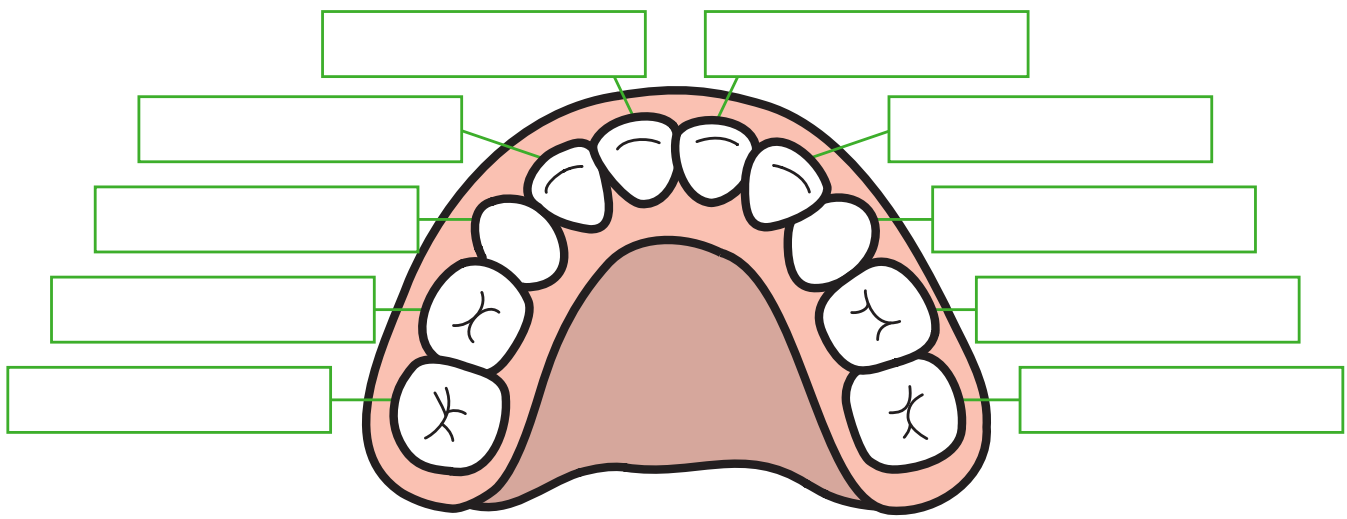
ANSWERS

- 1 FALSE** Some sharks have help cleaning their teeth from small fish called remora. These fish will swim into the shark's mouth and eat any food that is stuck between their teeth.
- 2 TRUE** Dolphins are warm-blooded mammals and breathe air, just like you.
- 3 TRUE** Not all whales have teeth, but those that do have big ones. Whale teeth can be 4 to 8 inches long!
- 4 FALSE** The "jelly" in the name "jellyfish" is because they are soft and boneless, not because they are good on toast.
- 5 TRUE** Swimming pushes water through the shark's lungs. Without swimming, many sharks can't breathe.
- 6 FALSE** Scientists have found that fish can remember things. Just like you should remember to brush and floss each day!

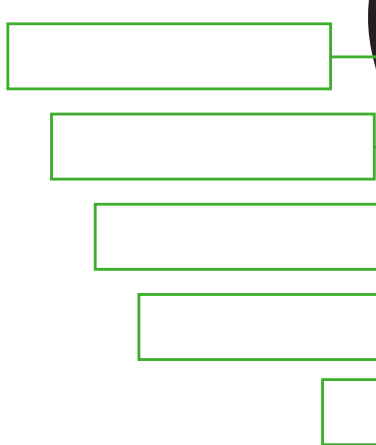
Track your lost teeth

When you lose a tooth, color it on your Tooth Tracker. Write down details like your age and where you lost the tooth.

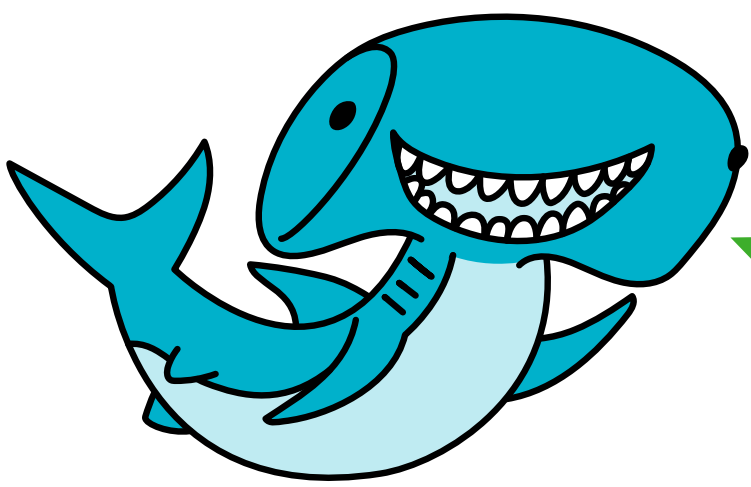
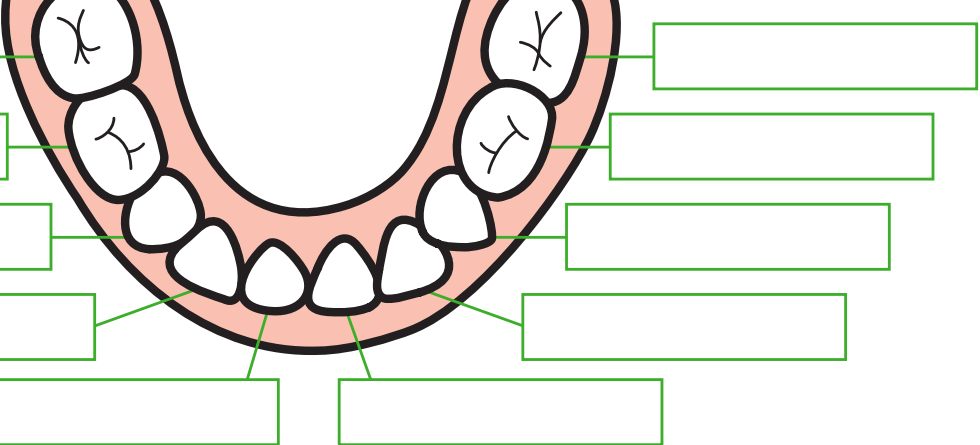
LOST TOOTH DETAILS:



LOST TOOTH DETAILS:



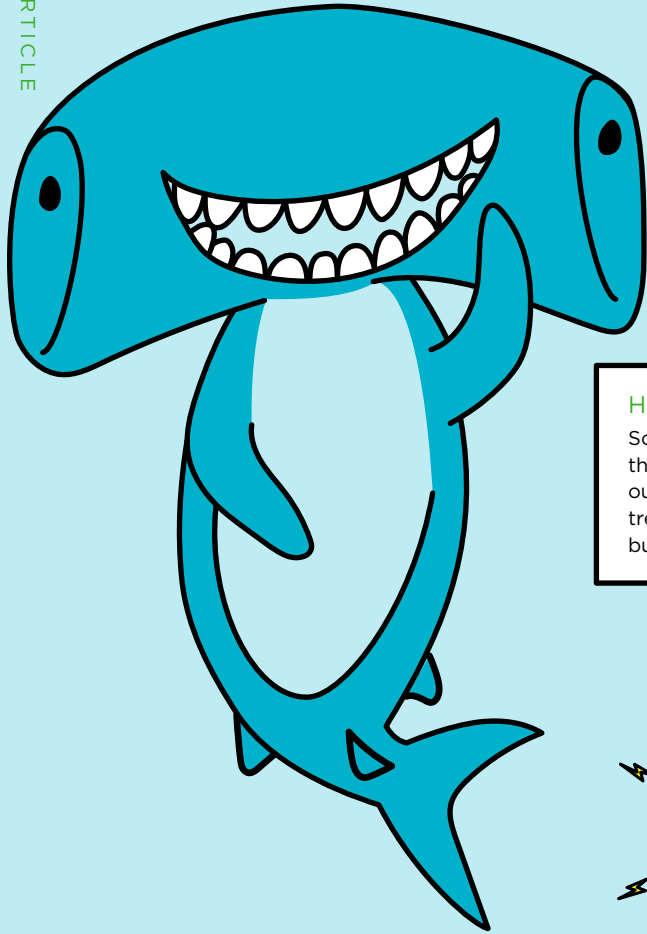
LOST TOOTH DETAILS:



That's all the teeth you have? Whoa. Some sharks can have up to **35,000** teeth in a lifetime!

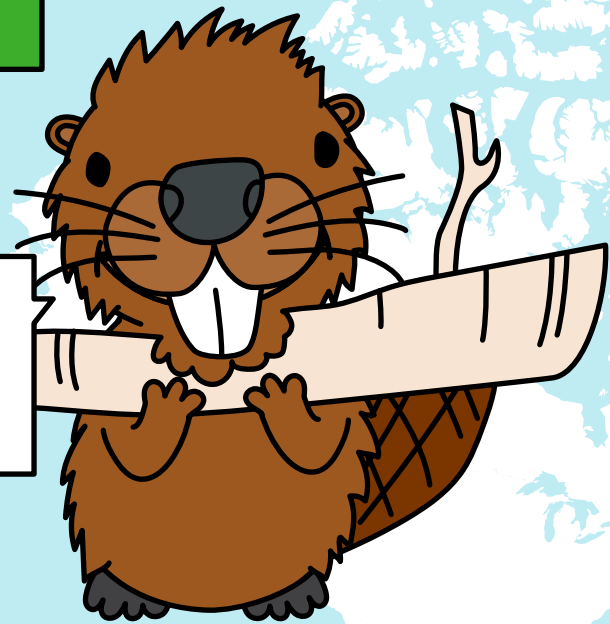
Underwater friends from around the world

You know why Finn loves to explore? Say hi to the super cool friends he met while he was exploring! The animals that live in and around rivers and lakes can be very different from Finn's neighbors in the ocean.

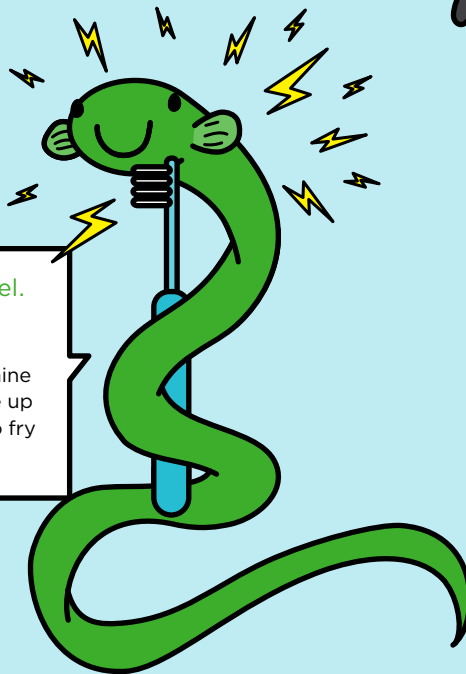


Check out my super cool friends from all over the globe!

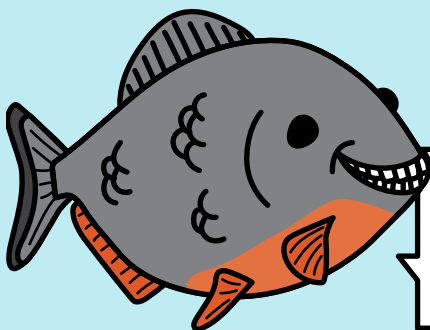
Hi! I'm Joe and I'm a beaver.
Some animals live in *and* out of the water. Beavers like me use our big teeth to chew down small trees. Then, we use the trees to build homes on the river!



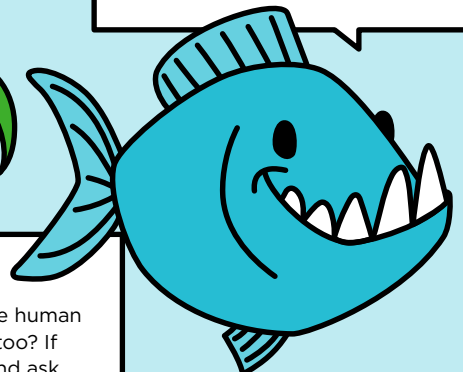
Hola, I'm Buzz and I'm an electric eel.
Electric eels live in rivers in South America. They are 6 to 8 feet long and have special organs that create electric charges. I use mine to shock other fish! The charges can create up to 800 volts of electricity. That's enough to fry my electric toothbrush.

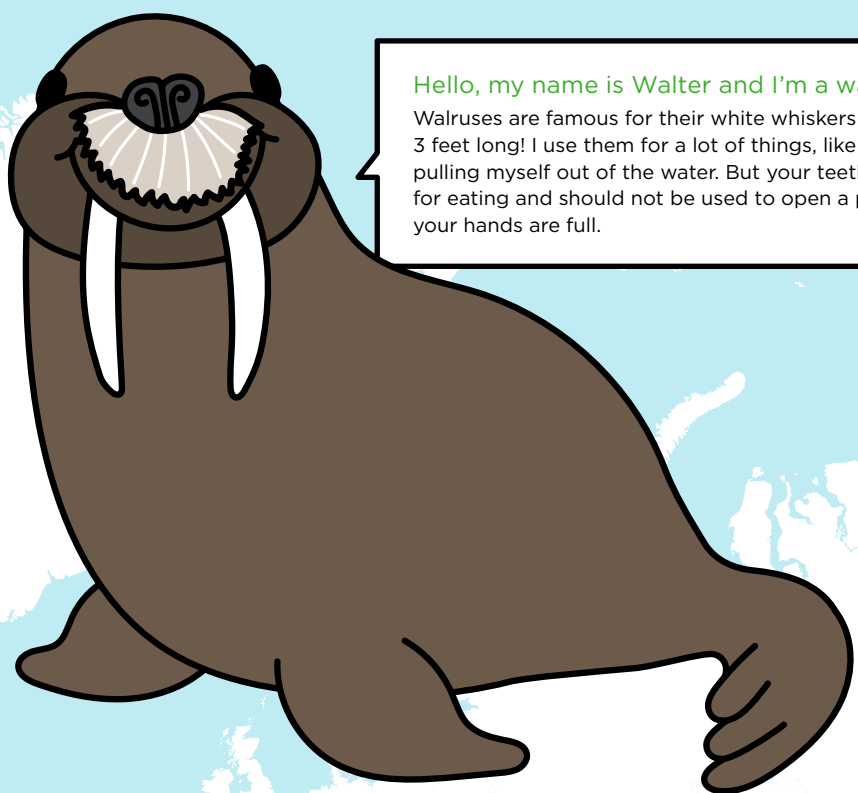


Buenos días, I'm Mia and I'm a red-bellied piranha.
I have razor sharp teeth and very strong jaws. I also travel and hunt with up to 100 other piranhas. I guess that means I will always have a friend with me at my regular dentist appointments.



¡Hola! I'm Paulo the pacu.
I'm sort of like a piranha. Only my teeth look just like human teeth! Do you think I brush all the way to the back, too? If you ever explore South America, you can find me and ask.



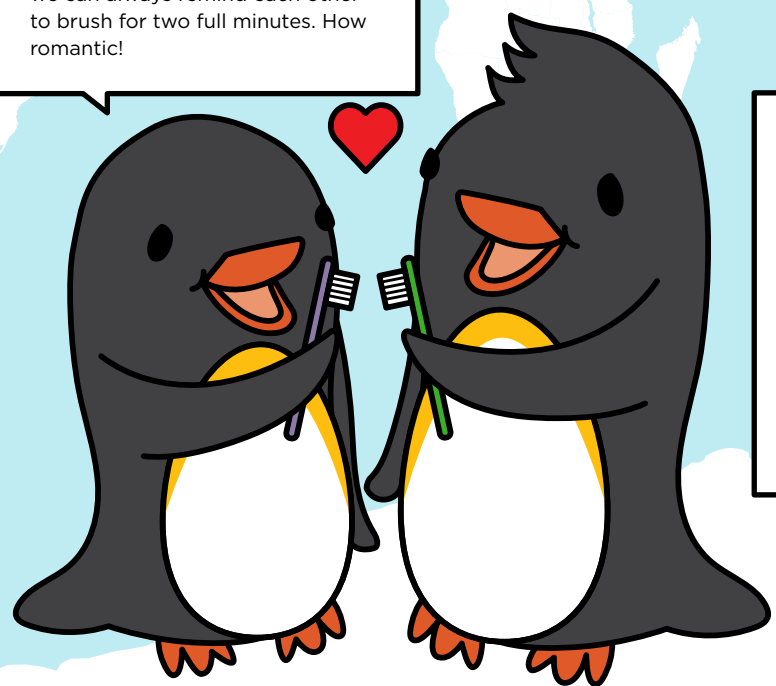


Hello, my name is Walter and I'm a walrus.
Walruses are famous for their white whiskers and long tusks. My tusks are 3 feet long! I use them for a lot of things, like poking holes in the ice or pulling myself out of the water. But your teeth are not tools. They are only for eating and should not be used to open a package or hold a toy when your hands are full.

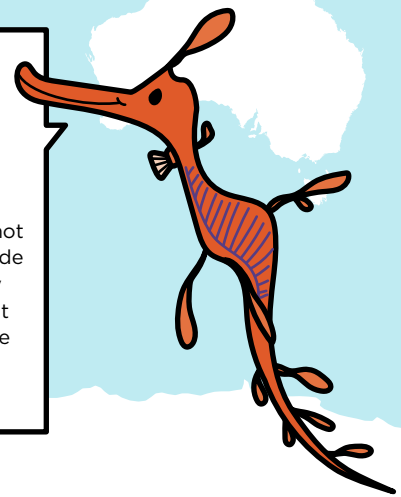


Konnichiwa, I'm Hikaru and I'm a koi fish.
I live in fresh water in East Asia and I'm getting ready for a nice, long life. That's because some koi fish can live to be over 200 years old! Fun fact: We can also get a sunburn, so we prefer to swim in the shade.

Hi! I'm Rose and this is Jack, we are arctic penguins.
Penguins are very fast underwater. We can swim up to 15 miles per hour. Most penguins find one other penguin and pair up for life, like a married couple. That means we can always remind each other to brush for two full minutes. How romantic!



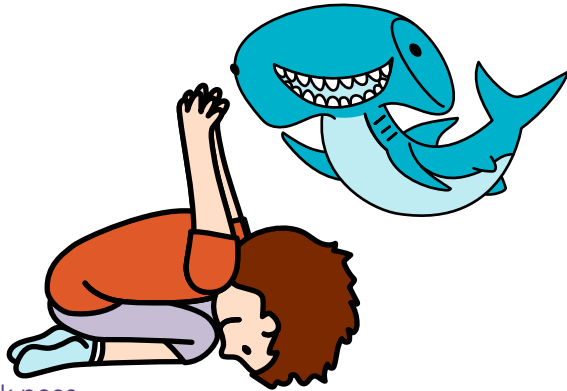
Hey, mate! I'm Oliver and I'm a weedy sea dragon.
I live around the southern and eastern coasts of Australia, but you might not see me. I'm a master at hide and seek! In fact, I got my name because I'm great at hiding in seaweed, just like how germs try to hide in your mouth.



Get fishy with it: ocean yoga poses

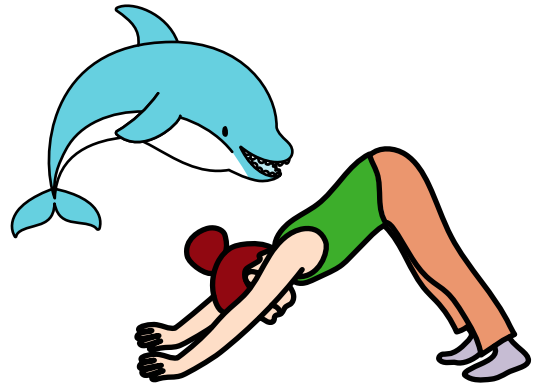
Finn loves yoga. It's a fun way to get moving and he gets to act like his favorite ocean friends! If you do yoga often, it will help you relax and may even help prevent mouth problems.

Let's have some fun, stretch our muscles, and get moving with these fun yoga poses. Follow the instructions below (with the help of a grown-up) to look like your favorite underwater animal.



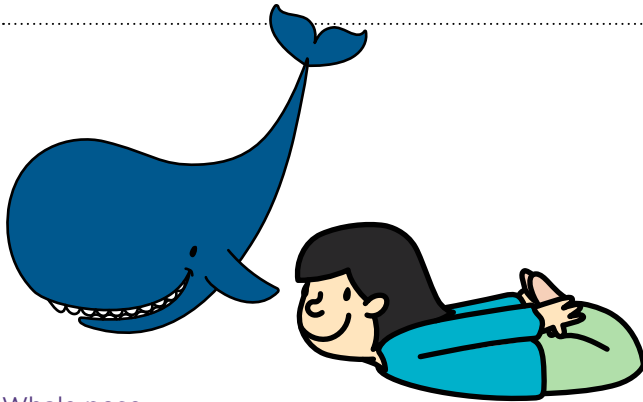
Shark pose

Finn's favorite! Start on your knees looking face down. Then, stretch your arms behind your back and bring them together to make a fin.



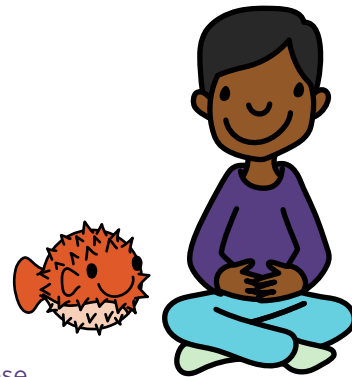
Dolphin pose

Put your hands on the ground with your arms straight up above your head. Spread your fingers wide for balance. Keeping your feet on the ground, straighten your back and legs to make an upside-down V.



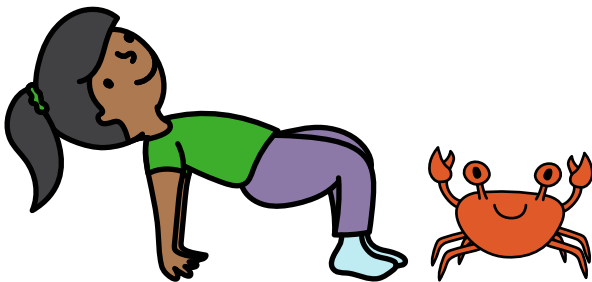
Whale pose

Lay on your stomach and bring your legs up by your back with your arms. When you are ready, arch your neck back to look like a mighty whale.



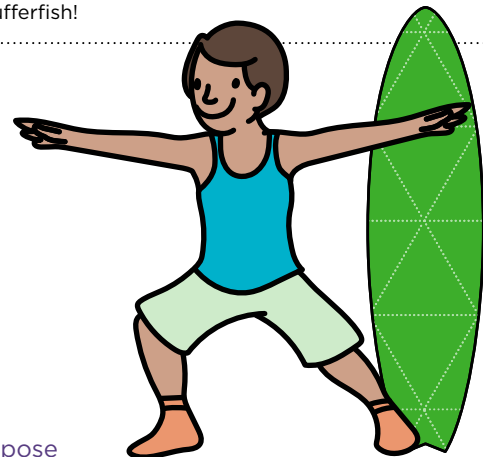
Pufferfish pose

Sit cross-legged with your back straight. Place your hands on your belly. Breathe in deep to exercise your lungs and blow up like a pufferfish!



Crab pose

Place your feet and hands on the ground, with your stomach facing up, then push yourself off the ground. You can crab walk around the room for a little more exercise!



Surfer pose

Surf's up, dude! Humans are animals that like the ocean, too. Hold your arms straight out and take turns leaning from side to side to stretch your legs.

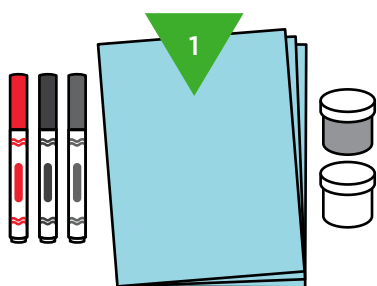
Sharks here, there, and everywhere

You can't keep real sharks in your house. They are too big *and* they might eat you! But shark art is very safe.

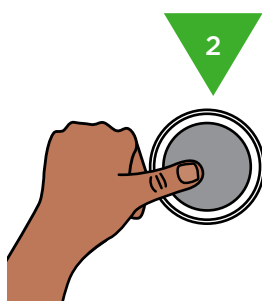
HERE'S WHAT YOU NEED

- A grown-up to help
- Light blue construction paper
- Light gray or white finger paint
- Red, black, and gray markers to draw the sharks
- *Optional:* other colored markers to draw ocean life like fish, eels, and coral reefs

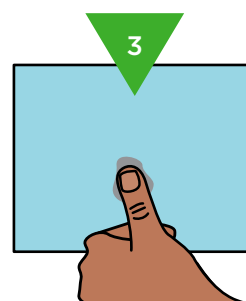
HERE'S HOW TO MAKE IT



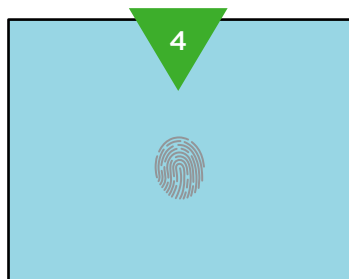
With a grown-up's help, gather the items you need.



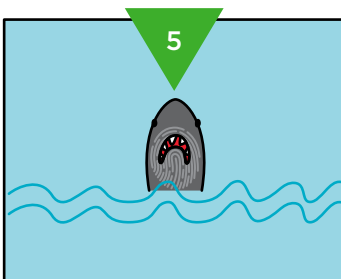
Gently dip the tip of your thumb (where your thumbprint is) in the finger paint.



Press your thumb with the paint onto the construction paper.



Repeat steps 2 and 3 to add as many thumbprints as you want. Each one will become a shark. Before moving to the next step, wait for your thumbprints to dry.



Use the colored markers to draw a shark around the thumbprint. You can draw a real shark, use your imagination to create your own, and draw other ocean animals around the shark.



Hang your artwork by the bathroom sink. Now you have something cool to look at while you brush your teeth!

Smile by the water

A great day by the water can leave you smiling for days. But only if you stay safe. Here's how you can guard your grin when you visit the pool or beach.



Wear sunscreen

You can't sunburn your teeth because teeth don't have skin. But your lips can get a sunburn! Use lip balm with at least SPF 30 to protect them.

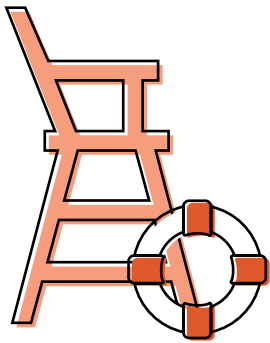
Stay hydrated

Drink water instead of sugary juices and soda. Water has a lot of benefits, including avoiding bad breath and keeping your mouth clean.

Choose healthy snacks

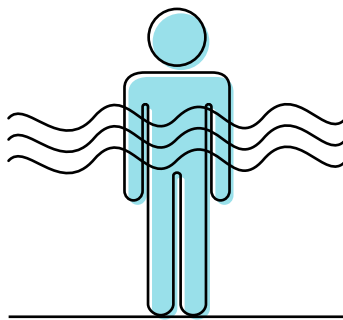
Get vitamins from fresh fruits and vegetables like apples, berries, carrots, and celery.

Be your own safety expert



Know where the lifeguards are.

Just in case you need any help.



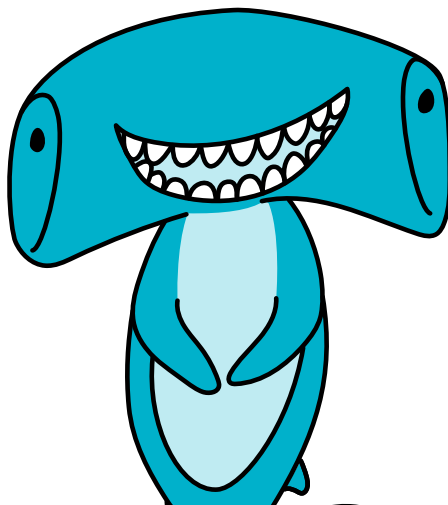
Don't go too deep.

If you are swimming in a lake or the ocean, stay where it is easy to stand up.



Walk, don't run.

Running on wet concrete or slippery ground could cause you to trip, fall, and hurt your teeth or mouth.



Sharks are made for the water, but you were made for land. Be careful and stay safe when you swim!

RECIPE

Veggie-and-cheese palm tree

There's nothing like a fresh, healthy snack on a crisp, clear day. Yum, yum! If you're going to be by the water, pack a green bell pepper, carrots, and string cheese in a cooler. (A grown-up will need to cut up the green bell pepper.)

HERE'S WHAT YOU NEED

- A grown-up to help
- Green bell pepper



- String cheese



- Baby carrots



HERE'S HOW TO MAKE IT

1

Have a grown-up help slice a green bell pepper for the palm leaves.

Peppers have vitamin C, which is great for your gums.

2

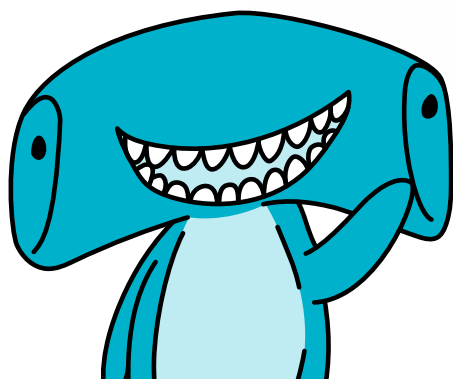
Use string cheese for the palm tree's trunk.

The calcium in cheese helps keep your teeth strong.

3

Add baby carrots at the bottom of the cheese for the sand.

Carrots give you vitamin C and calcium. Crunchy veggies also help you make saliva. This washes away leftover food and keeps your mouth clean.



I'd make mine out of fish, fish, and fish.

A city under the sea

Coral reefs are amazing! Around 4,000 types of fish and hundreds of other ocean species use coral reefs for food and shelter. They create a healthy home in the ocean, just like brushing and flossing make a healthy home for your teeth and gums.

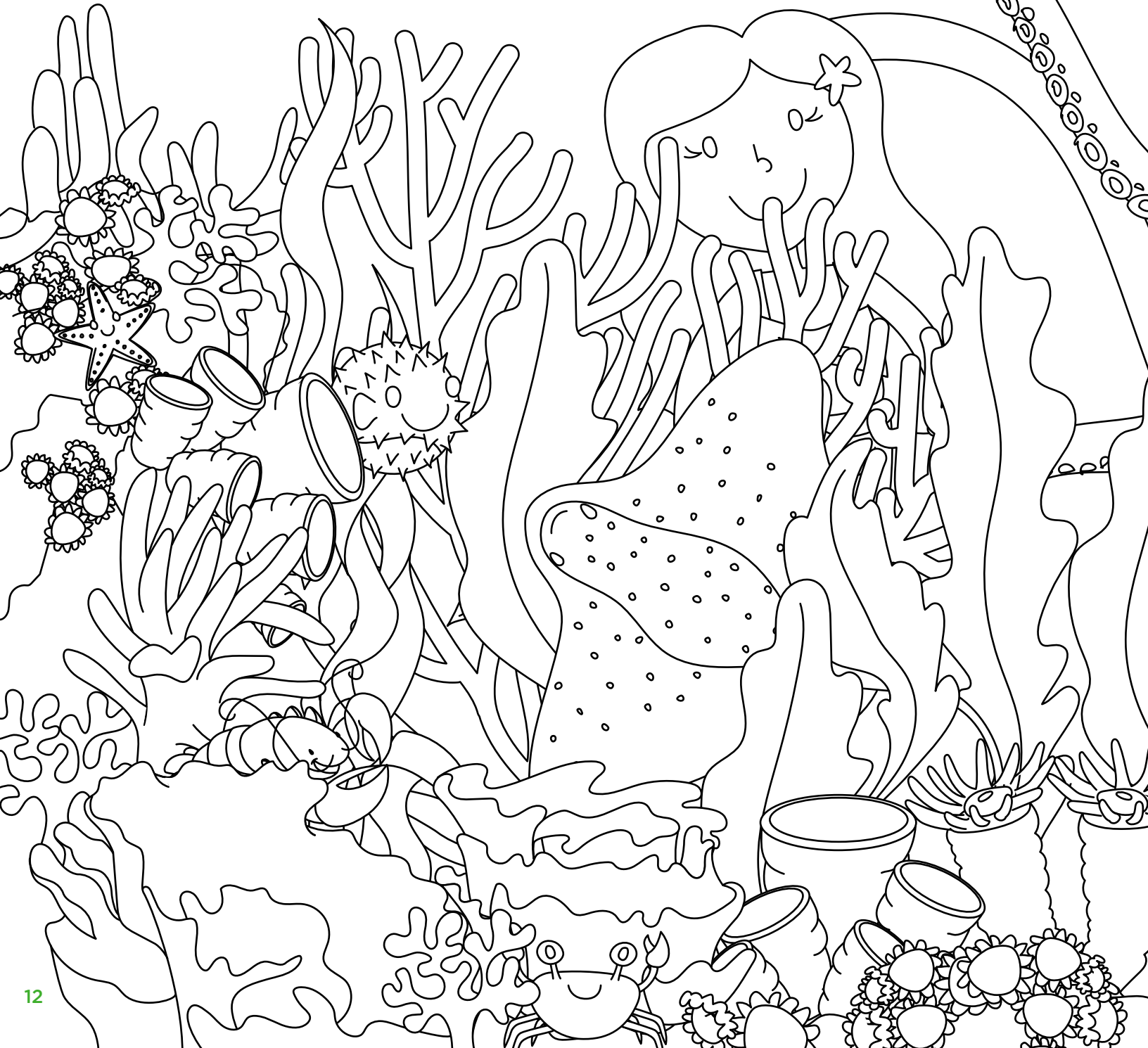
Add a little color and bring this reef to life. While you're coloring, search for these ocean creatures:

Finn
Seahorse
Starfish
Fish

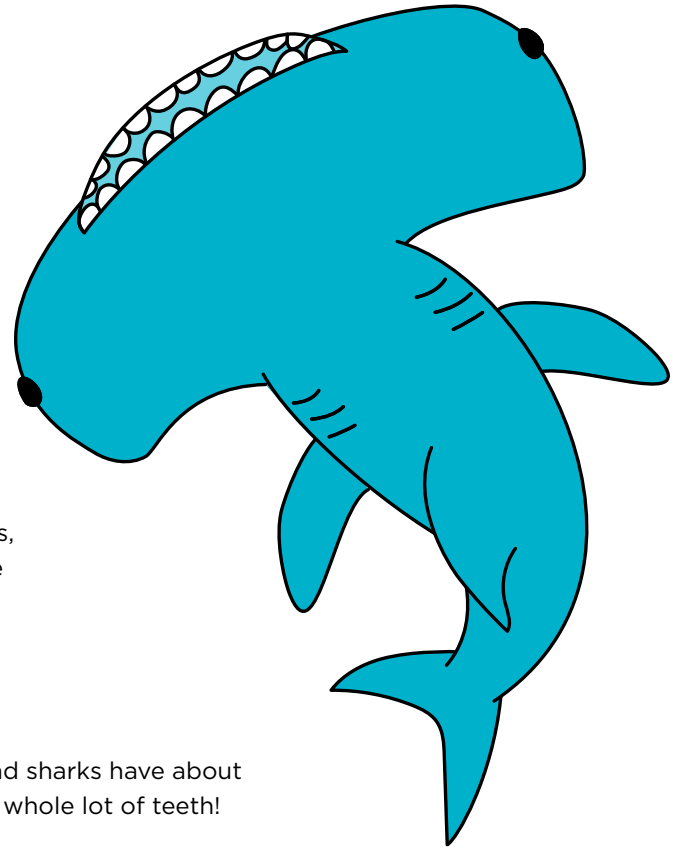
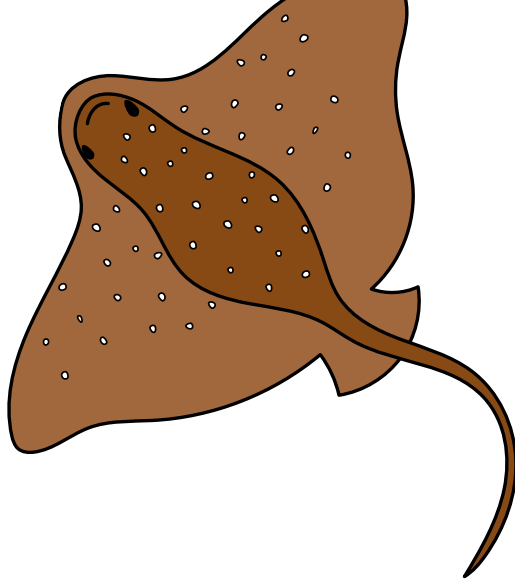
Whale
Jellyfish
Dolphin
Turtle

Stingray
Squid
Shrimp
Crab

Lobster
Mermaid
Pufferfish







Stay healthy while you play

Hammerhead sharks like Finn aren't always careful with their teeth. Sometimes they use their hammer-like heads to trap or bonk things, and this can hurt their mouth. But Finn also knows that humans are not the same as sharks. That's why you need to protect your smile!

Show Finn the right way to play safe

Finn doesn't have to worry about his teeth like you do. Hammerhead sharks have about 17 rows of teeth and they regrow any teeth that they lose. That is a whole lot of teeth!

Once you grow your adult teeth, you will not grow any more. So, you need to protect all the teeth you have! Here is how to be more careful than Finn when you play sports and activities.



Wear a mouth guard.

This helps you avoid loose and broken teeth. You will also be less likely to bite your lips, cheeks, and tongue.



Bring a helmet if you need one.

You will not need this to swim, but it is important when you bike, skateboard, or rollerblade.

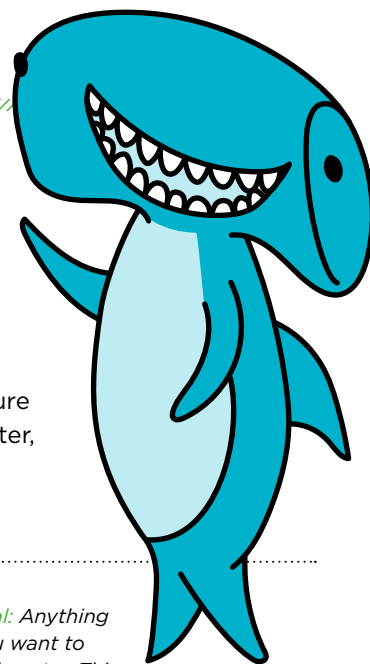


Choose water over sugary drinks.

Drinking water after being active will keep you hydrated and help you avoid headaches. Sodas and juices with a lot of sugar do not help the same way.

EXPERIMENT

Does it float or sink?



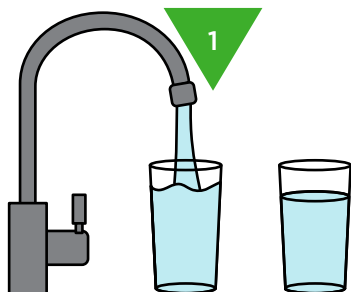
Finn is a fantastic swimmer. And the salt water in the ocean helps him move with ease! This is because adding salt to water makes it denser (or heavier). By making the water heavier, some items may float.

This experiment helps you see how adding salt to water can make things float. Make sure a grown-up helps you! You can also try the experiment by mixing other things with water, like sugar or flour.

HERE'S WHAT YOU NEED

- A grown-up to help
- Drinking glasses or cereal bowls
- Tap water
- Salt
- *Optional: Anything else you want to float (Anything you don't mind getting wet — marbles or small toys, for example.)*
- *Optional: Anything else you want to mix with water. This could be baking soda, cornstarch, milk powder, or even tomato soup.*

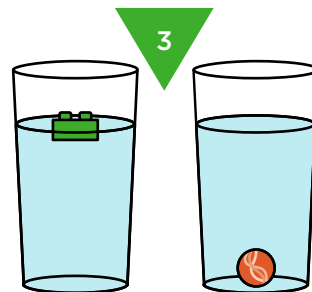
HERE'S HOW TO DO THE EXPERIMENT



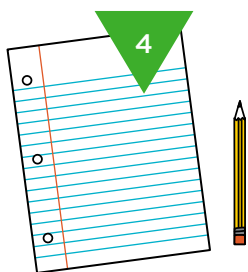
Fill the glasses or bowls with tap water.



In one glass, add two tablespoons of salt. (If you have a very large drinking glass, you may need to add more salt).



Add the small items to each glass to see if they sink or float!



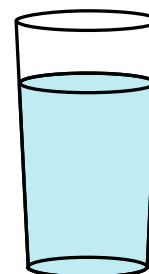
Write down your results. Try again with new mixes and toys.



Optional: See if items sink or float in other mixes. Do this by mixing other ingredients with water, each in their own glass. (Sugar and water or baking soda and water, for example.)

?

Did you know?
Gargling salt water is a safe way to help a sore throat.



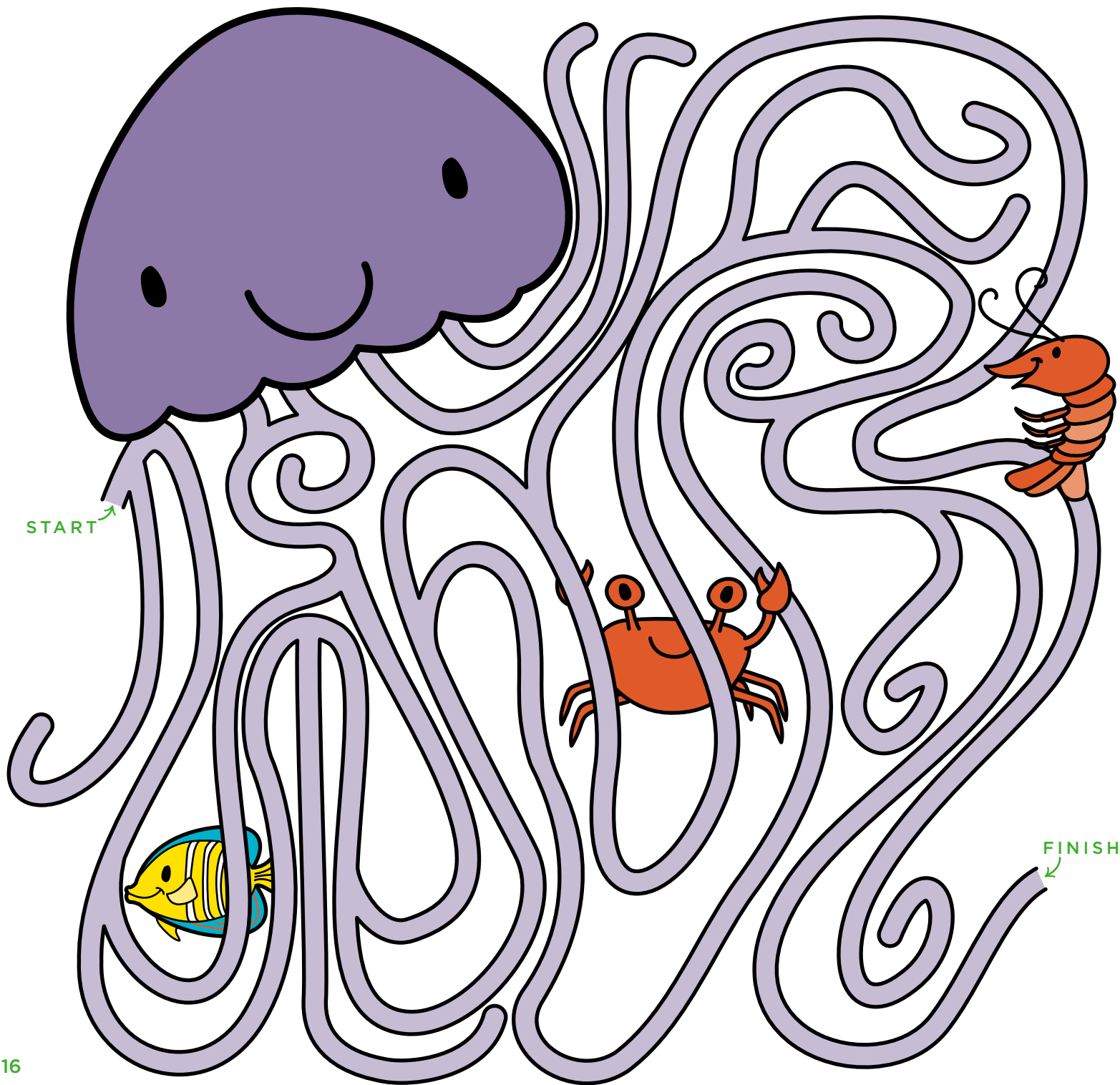
Don't drink any of the water from this experiment — yuck! But what you *do* drink can be good or bad for your oral health. It's great to have some water after you eat a meal or a snack. This will wash away food and help keep your mouth clean.

Be a-maze-d by jellyfish

Jellyfish are very unique. They have no bones. They swim by squirting water from their mouths. Also, jellyfish have been around since the earth had dinosaurs!

But as different as they are, they eat some of the same foods as you. Jellyfish like to eat fish, shrimp, and crab. The omega-3 oils and vitamin D in these foods can help your gums stay healthy.

Instead of arms and legs, jellyfish have long tendrils and stingers. Complete the maze so you don't get tangled up!



Spot that sea creature

Use this card match game to have fun with a friend and to test your memory. See how well you can remember these ocean animals and oral health tips.

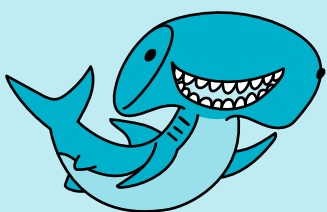
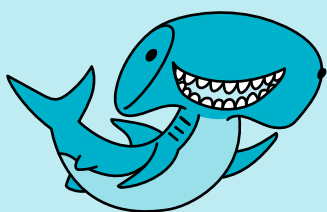
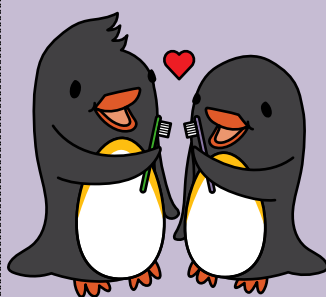

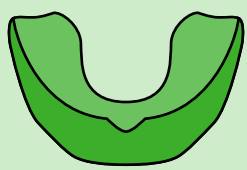
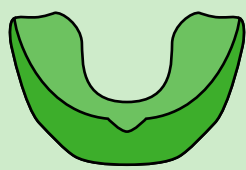
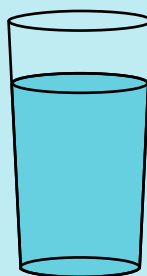
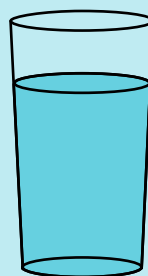
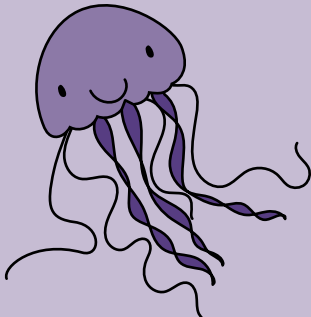
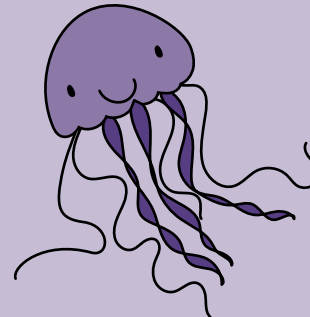
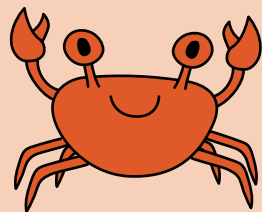
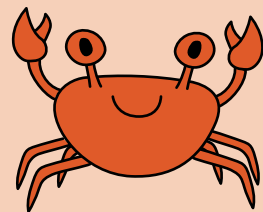


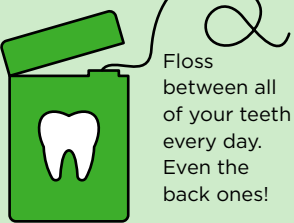
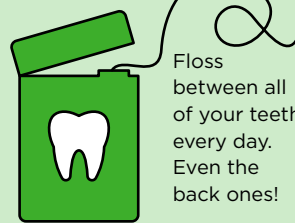
TO SET UP THE GAME

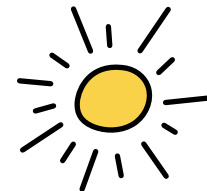
- Cut out the cards and shuffle them
- Lay the cards with the picture facing down
- Make four rows with four cards each

TO PLAY THE GAME

- The youngest player goes first and turns over two cards.
 - Turn them over one at a time.
 - If you get a match, you keep the cards.
 - If you do not get a match, put the cards back in the same spot, still facedown.
- The next player has their turn.
- Take turns until all of the cards are gone. Whoever has the most cards is the winner! The game could also end in a tie.



			
		 Drinking water helps prevent cavities.	 Drinking water helps prevent cavities.
			
 Replace your toothbrush every three to four months or sooner if it looks frayed.	 Replace your toothbrush every three to four months or sooner if it looks frayed.	 Floss between all of your teeth every day. Even the back ones!	 Floss between all of your teeth every day. Even the back ones!



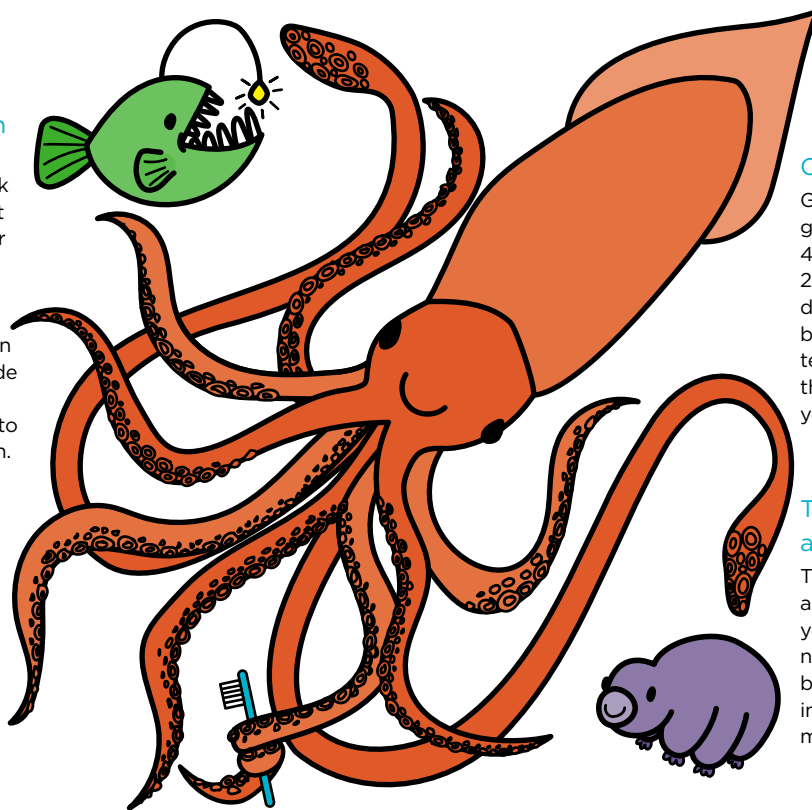
Exploring the deep, deep ocean

Life is a lot different in the water. And it gets even more surprising in the deepest parts of the ocean! It's kind of like playing explorer in your basement. You never know what you will find down there.

Here are three amazing friends that Finn has made during his underwater adventures.

Lucy the anglerfish

The deepest parts of the ocean are very dark because the sun's light does not reach that far down. But anglerfish have a glowing light that hangs from their heads. That is how Finn noticed Lucy! She made a bright light, like the one your dentist uses to look inside your mouth.



Cameron the giant squid

Giant squids are huge! The largest giant squid ever found was almost 43 feet long and weighed nearly 2,000 pounds. Finn found Cameron deep underwater and was amazed by the sharp "teeth" on his arms and tentacles. At least you don't have those. If you did, you'd have to brush your elbow every morning and night.

Teddy the tardigrade (known as a "sea bear")

The ocean is home to animals big and small. Just like the bacteria in your mouth is too small to see, you need a microscope to see tiny sea bears like Teddy. He can survive in the deep ocean, at the top of mountains, and even in outer space.

These friends are all special and Finn was glad to meet them. Exploring the deep ocean was kind of like going to the dentist for the first time. He made new friends and learned a lot.

During your visit, the dental hygienist and your dentist will:



Examine and clean your mouth to help prevent cavities.



Take X-rays of your mouth to check for any issues.



Talk to you about taking good care of your smile.

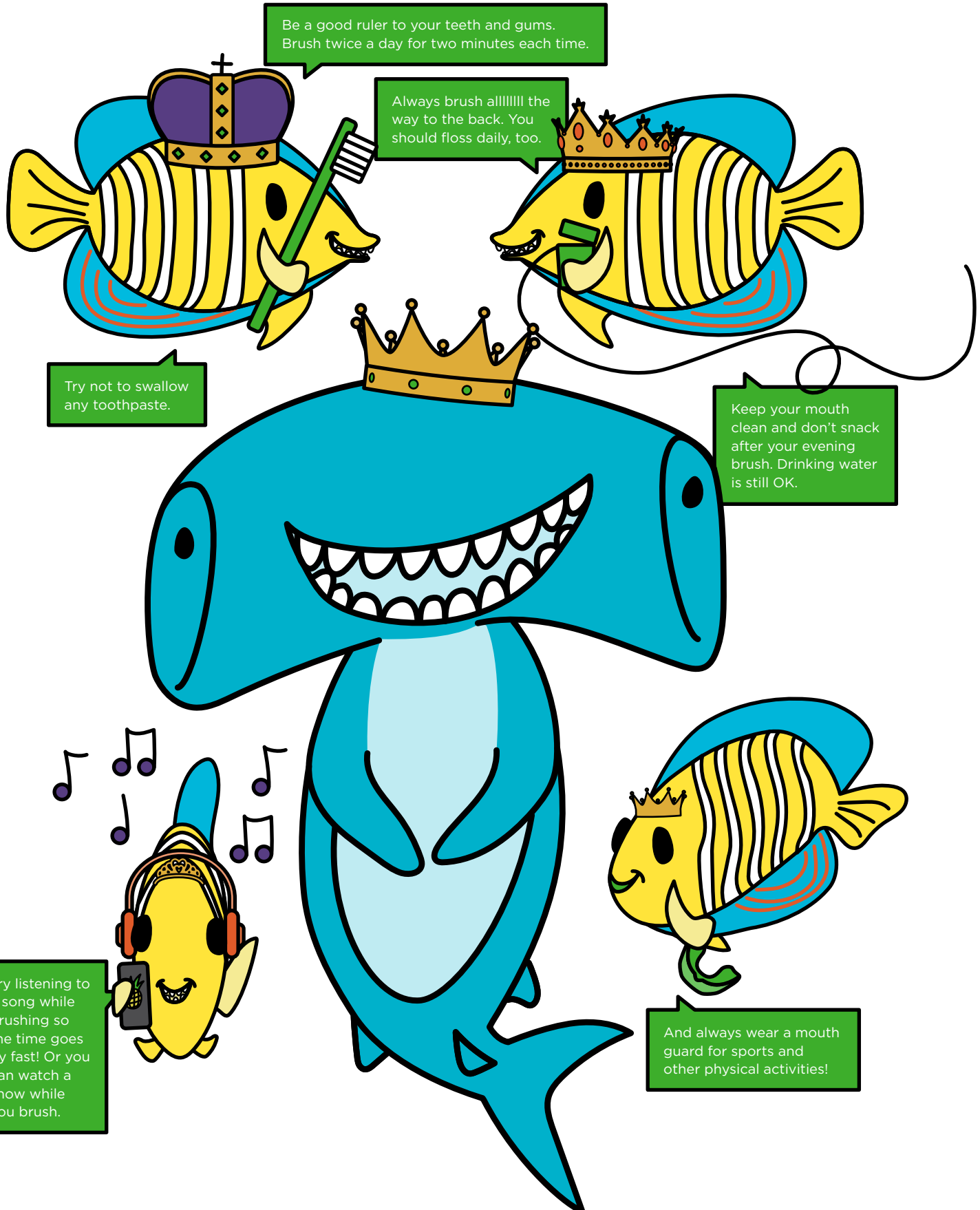


Make a plan and help you fix problems, if there are any.

See? Not scary at all. (But it is probably best to stay away from the giant squid.)

Give your teeth the royal treatment

What do royal angelfish say about oral health?



Be a good ruler to your teeth and gums. Brush twice a day for two minutes each time.

Always brush alllllllll the way to the back. You should floss daily, too.

Try not to swallow any toothpaste.

Keep your mouth clean and don't snack after your evening brush. Drinking water is still OK.

Try listening to a song while brushing so the time goes by fast! Or you can watch a show while you brush.

And always wear a mouth guard for sports and other physical activities!

Kick back and care for your smile

Relaxing activities — like this word search — are a good time to think about things. With this one, you can think about how to take care of your teeth! So, kick back, relax, and smile as you find the words below. Each word is related to something that is good for your oral health.

Apples
Braces
Brush

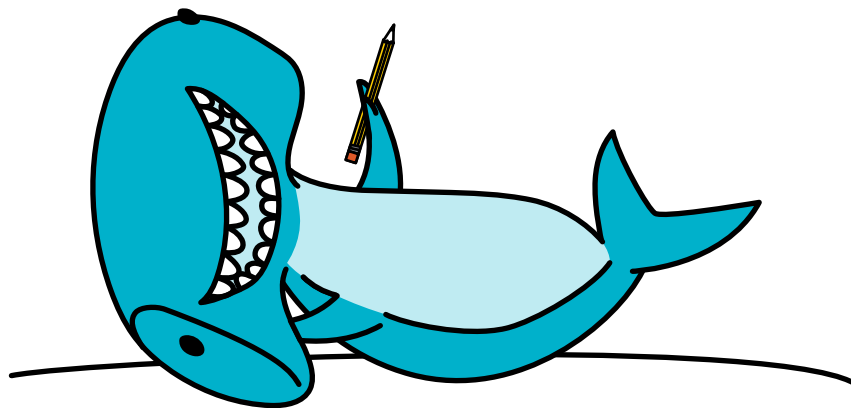
Carrots
Dentist
Floss

Hydrate
Kiwi
Milk

Mouth guard
Strawberries
Toothbrush

Circle each word you find. Look up, down, forward, and on the diagonal. Cross the words out on the list as you find them.

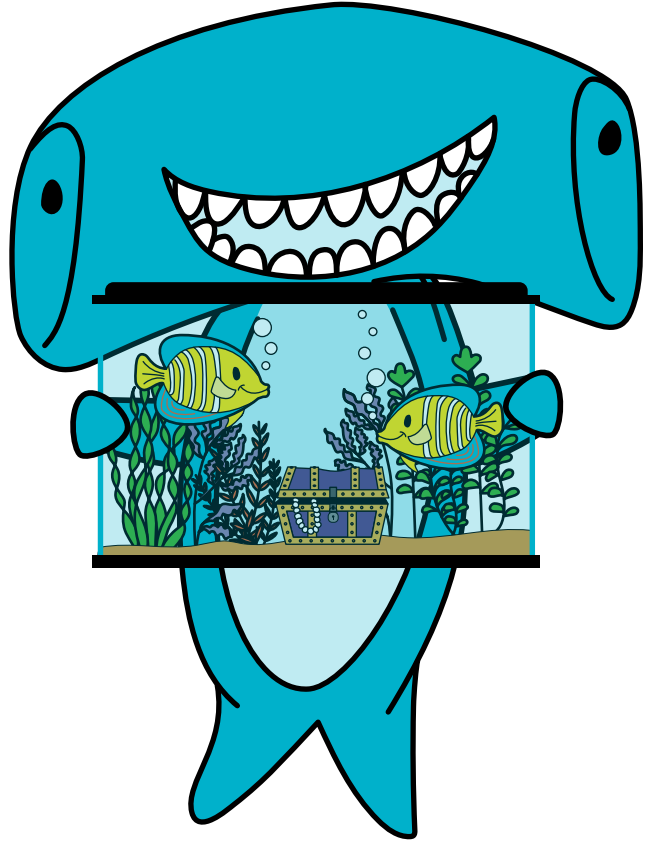
F T E M O U T H G U A R D E T U D U U T
G C J S G T M O L R T A D U E O T Z Q S
L E C D H V J H F Y B R A C E S G G H W
A S T X H K U V W W C X K E R W A Z S F
Q T F T G B A G D D A R I V M M Q U U U
Q R A I C B R J D U H H W V I O G B R L
A A Z R I X K M Q P B C I X Y U S P B J
P W Q G L S N K E U S A B Z H R U M H L
P B D M B M G V F O H R Q A I K A J T E
L E N I R F Z L W R Y R H J F M T I O X
E R A L U M L G P B D O V W S G W E O N
S R L K S P K O P C R T X S P H I J T O
F I G N H O F J S L A S I D E N T I S T
Z E K V S R W A C S T T K I E S C N O L
D S A V D L P G X T E G I L H M J H T S



What's that smell? Give your pet a clean home.

Finn likes to have fun and explore, but when he comes home, he likes to have a clean room. And your pets do, too. That's because a dirty fish tank will be full of algae, a soft green growth. It could also have other bacteria that can harm your pet.

Fish have a sense of smell, just like you! So your pet will also appreciate a clean home.



Algae can cause a stink.

The algae in your fish tank are like the bad bacteria in your mouth. Over time, it will create a bad smell and it can make your pet sick!

If you don't take good care of your oral health by brushing, flossing, and drinking water often, you may have bad breath and cavities.

Here are a few tips for keeping your pet's home clean and your mouth healthy.

1

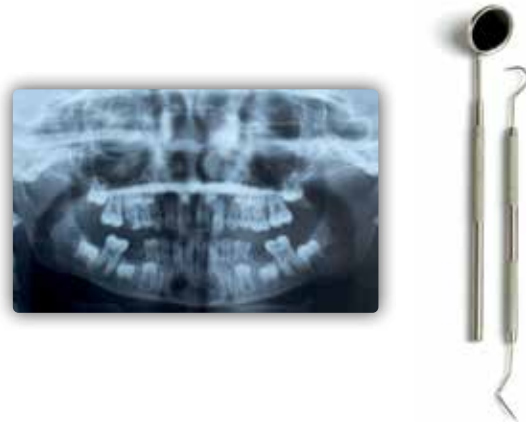
Get the right tools for the job.

You'll probably need a grown-up to help you. And you might need special tools, like a brush to scrub off the algae or rubber gloves to protect your hands. Your dentist uses special tools to take care of your teeth, too — like a mouth mirror and X-rays.

TANK CLEANING



MOUTH CLEANING



2

Don't miss a cleaning.

If you don't clean your pet's tank, the water can be unhealthy and start to smell. In the same way, you need to brush daily and visit your dentist regularly for cleanings. This helps keep your smile healthy and gets rid of bad breath.

TANK CLEANING



MOUTH CLEANING



3

Brush the hard-to-reach places.

Clean the algae off rocks, plants, tiny treasure chests, and anything else that looks dirty. Just like when you brush and floss your teeth. You should brush the surface of every tooth, even the ones in the way back.

TANK CLEANING



MOUTH CLEANING

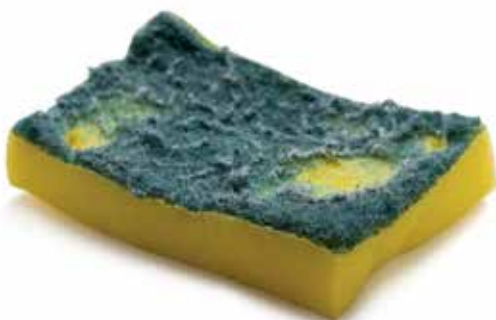


4

Keep everything up to date.

You will also need to replace your scrub brush when it is dirty or too worn down to clean the algae. And you don't want to use an old toothbrush, either! It's a good idea to get a new toothbrush every three to four months. You may need to ask a grown-up for one sooner if the toothbrush looks frayed.

TANK CLEANING



MOUTH CLEANING



