

# THE TOOTHAPALOOZA<sup>SM</sup> PLAYBOOK

A complete guide for organizations to host their own community oral health event.



2026

# TOOTHAPALOOZA<sup>SM</sup>

What is Toothapalooza?

Toothapalooza is a community-focused oral health event designed to teach children and families the importance of oral health through engaging, hands-on activities. It includes interactive booths, free dental screenings, and fluoride varnish applications provided by volunteers and dental professionals.

This playbook is a guide for planning and executing a mini Toothapalooza event in any setting—whether at a museum, school, community center, or outdoor venue. The content and timeline are flexible to help organizers adapt to their specific needs and available resources.

The goal is to educate communities, provide preventative services and create awareness around oral health practices.

By offering oral health education in any setting, Toothapalooza events are a good opportunity to reach families in every county of Arkansas. Toothapalooza is brought to you by Delta Dental of Arkansas Foundation. We are committed to improving the oral health of all Arkansans.



Children under the age of 18 receive free dental screenings and fluoride varnish treatments provided by volunteer dental professionals. Children will also receive oral health supplies to take home. Adults are also welcome to receive the services with permission from the volunteer dental professionals.

**Screening Supplies:** The following are the screening supplies needed for the clinical component and general supplies.

**Supplies Include:**

<ul style="list-style-type: none"> <li>✓ Tables</li> <li>✓ Chairs</li> <li>✓ Tablecloths</li> <li>✓ Hand Sanitizer</li> <li>✓ Paper Towels/Gauze Pads</li> <li>✓ Mouth Mirrors</li> <li>✓ Screening Summary Cards</li> <li>✓ Consent Forms</li> </ul>	<ul style="list-style-type: none"> <li>✓ Gloves (S-XL)</li> <li>✓ Fluoride Varnish</li> <li>✓ Masks</li> <li>✓ Pen Lights or Small Flashlights</li> <li>✓ Pens</li> <li>✓ Screening Paperwork</li> <li>✓ Goodie Bags</li> <li>✓ Giveaway Items</li> <li>✓ Waste Cans</li> </ul>
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**Data Collection:**

Data collection takes place post-events and includes the number of people screened, the number of dental needs and the amount of fluoride varnish applications. Data also gives a better understanding of the oral health of children (and adults) in different geographical areas of the state and may help determine areas of need.

## Dental Activity Booths:

The following dental activities are ideas for fun ways to teach oral health tips to children at Toothapalooza events. Below are supplies needed and instructions are included on pages 5-8.

### **Dentist for the Day Supplies:**

- Dental Plush Character
- Oversized Toothbrush
- Plastic Dental Mirror

### **Paint-A-Smile Supplies:**

- Plastic tooth-shaped tooth holders, multicolored
- White Out

### **Let's Get Flossing Supplies:**

- Oversized Logos
- Oversized Toothbrushes
- Play-Doh
- Yarn

### **Corn Cob Smiles Supplies:**

- Fresh Corn on Cob Produce
- Coffee
- Toothbrushes
- Foil Pans

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## ORAL HEALTH



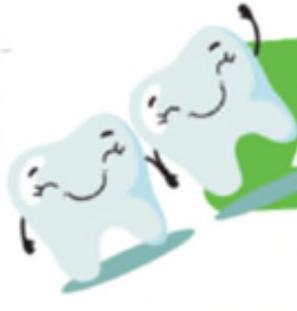
# ACTIVITY



## DENTIST FOR THE DAY

- Send a message to children that visiting the dentist is a positive and never scary experience that is important to their health throughout their entire lives.
- Allow children to pretend to be a dentist for the day.
- Give the child a plastic mirror and dental plush character as their patient.
- Have the child to give the patient an oral health screening.
- A healthy tooth is white and clean.
- Healthy teeth grow straight and strong. Healthy gums are pink and fit snugly around teeth.
- A tooth with a cavity may have a dark spot and sometimes cause pain.
- Teeth that need to be cleaned will have a yellow buildup called plaque.
- Have child to remind patient to see a dentist for regular cleanings and exams.
- Have child to remind patient to get dental sealants to keep back teeth healthy and strong.
- Have the child to brush the patient teeth and remind the child this should be done twice a day for two minutes.

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**ORAL HEALTH****ACTIVITY**  
**PAINT-A-SMILE****Objective**

The goal of this activity is to highlight the benefits of sealants and how they can aid in preventing cavities.

**What is a sealant?**

Sealants are “armor” for the teeth as they can help prevent cavities. They can be applied to your first and second molars. Sealants are applied on your molars by your dentist. It’s painted on as a liquid, and then they harden with the help of a special light. Once hardened, they prevent foods from getting stuck in the grooves of your teeth. Our activity today is to show how a sealant is placed on a molar.

**Directions**

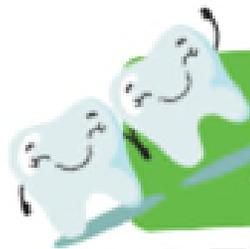
1. Pick a tooth.
2. Paint the top of the tooth with white-out. The white-out is like the sealant.
3. Use the floss to make it into a necklace.

**Trivia**

1. How many molars do we have?
2. At what age do you get your last set of molars?
3. How many sets of teeth do human have?

Answers: 1. Twelve. 2. Seventeen to twenty-one 3. Two. One as kids and one as adults.

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**ORAL HEALTH****ACTIVITY****LET'S GET FLOSSIN'!**

- Take an oversized Lego and fill the crevices with some Play-Doh.
- Explain to student the bumps in the Legos are just like teeth, and the spaces between each tooth are like gums.
- Take a toothbrush and have the student brush the Lego teeth. They should not be able to remove the Play-Doh with the toothbrush.
- When he's done, show him the Play-Doh remaining on the Lego and teach him that this is what happens if you only brush. Then introduce the idea of flossing.
- Unravel a piece of yarn and show your child how to wrap the floss around his fingers and work it in between each Lego tooth, loosening and removing the Play-Doh.
- When he's done, he should have a close-to-clean Lego or a clean smile.
- In addition to proper oral health care routine of brushing twice a day and flossing once a day, seeing the dentist twice a year is extremely important to maintain a healthy SMILE.

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## ORAL HEALTH



# ACTIVITY



## CORN COB SMILES

### Objective

Learn why flossing is so important.



### Directions

1. Pick up a clean corn cob.
2. Rub some coffee grounds on it.
3. Use a toothbrush to try and clean the coffee off.
4. Can you get it out of all the cracks? This is why we floss! Food gets stuck between our teeth, and if we only brush it will stay there.

### Trivia

1. How many times a day should you floss?
2. What motion should you make when you floss?
3. When is the best time of day to floss?

Answers: 1. once a day. 2. In between each teeth make a "c" motion.  
3. At night, but anytime is better than nothing.



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### 2026 Toothapalooza Project Implementation Plan

Action	Description	Timeline	Person Responsible	Measurement Tool
Task 1	<input type="checkbox"/> Secure & Schedule introductory meeting with venue	<b>7 MONTHS BEFORE</b>	Program Manager	
Task 2	<input type="checkbox"/> Schedule dates for Toothapalooza event	<b>6 MONTHS BEFORE</b>		
Task 3	<input type="checkbox"/> Begin dentist recruitment <input type="checkbox"/> Begin volunteer recruitment/sign-ups	<b>4-5 MONTHS BEFORE</b>		
Task 4	<input type="checkbox"/> Dentist recruitment <input type="checkbox"/> Volunteer recruitment/sign-ups	<b>4-5 MONTHS BEFORE</b>		
Task 5	<input type="checkbox"/> Order dental supplies <input type="checkbox"/> Order promotional items <input type="checkbox"/> Order volunteer t-shirts <input type="checkbox"/> Review previous timeline milestones			



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	<p>to ensure nothing has been missed</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Dentist recruitment</li><li><input type="checkbox"/> Volunteer recruitment/sign-ups</li></ul>			
Task 6	<ul style="list-style-type: none"><li><input type="checkbox"/> Deadline for volunteer recruitment/sign-ups</li><li><input type="checkbox"/> Begin social media promotion of event</li><li><input type="checkbox"/> Dentist recruitment</li></ul>	<b>1 MONTH BEFORE</b>		
Task 7	<ul style="list-style-type: none"><li><input type="checkbox"/> Communicate with all volunteers to confirm participation</li><li><input type="checkbox"/> Get additional supplies: tablecloths, signage, labels, pens, highlighters, etc.</li><li><input type="checkbox"/> Prepare paperwork for events: consent forms, screening forms.</li></ul>			
	<ul style="list-style-type: none"><li><input type="checkbox"/> Pack for event</li><li><input type="checkbox"/> Print forms/labels</li><li><input type="checkbox"/> Purchase any miscellaneous supplies</li></ul>	<b>WEEK OF EVENT</b>		



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	<ul style="list-style-type: none"><li><input type="checkbox"/> Send out reminders to volunteers</li><li><input type="checkbox"/> Confirm dentist participation</li><li><input type="checkbox"/> Confirm shifts (if any)</li><li><input type="checkbox"/> Create a break/lunch schedule for volunteers</li></ul>			
	<ul style="list-style-type: none"><li><input type="checkbox"/> Event setup (if allowed)</li><li><input type="checkbox"/> Layout of event tables/chairs</li><li><input type="checkbox"/> Place signage</li></ul>	<b>DAY BEFORE EVENT</b>		
	<ul style="list-style-type: none"><li><input type="checkbox"/> Event setup</li><li><input type="checkbox"/> Greet volunteers and have them complete sign-in sheets</li><li><input type="checkbox"/> Give T-shirts to volunteers</li><li><input type="checkbox"/> Appoint section captains for: check-in, activities, screening, varnishing, and check-out</li><li><input type="checkbox"/> Explain volunteer duties for each section and identify each section chief</li></ul>	<b>DAY OF EVENT</b>		



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## 2026 Toothapalooza Sample Budget

The budget included is based on approximate values. The items listed are suggested costs that could occur. Some costs are optional and are labeled as such. This budget is for a Toothapalooza event for up to 50 people.

Possible expenses for a mini-Toothapalooza include:

- Venue Rental
- Dental Screening Supplies
- Social Media Handles (Free Marketing Tool)
- Volunteer T-shirts
- Volunteer Lunch
- Activity supplies for the mini-Toothapalooza activities
- Additional event supplies

Event supplies include tablecloths, giveaway items, pens, paper, and the cost of printing. Most items are optional and may vary by event.

Additionally, the overall cost would vary based on the activity supplies and event supplies needed.

# Free Dental Screening Consent Form

On \_\_\_\_\_ your child can get a dental screening and fluoride varnish to help keep their teeth strong. If needed, Insert Organization Name may also be able to help you find oral health services for your child.

## What will occur during this dental screening?

A dentist will look at your child's teeth to do a basic exam, and a hygienist or nurse will apply a fluoride varnish (a clear paint that helps keep their teeth strong).

## I understand this screening...

- Does not take the place of a regular dental checkup
- Does not diagnose my child with anything, but it might help find problems that require follow up at a dentist's office

Yes! My child can get a dental screening.

Yes! My child can get fluoride varnish

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

## Dental Screening Information Sheet

Thank you for being a part of our dental screening. Below you find out more about what we found. Please keep in mind, dental screenings may only find more obvious problems and are meant to find children who need dental care. No X-rays were taken, and this event does not replace a full exam by a dentist.

### Recommendations:

\_\_\_\_\_ Home dental care needs improvement. Try to make sure they are brushing 2 times a day and flossing 1 time a day.

\_\_\_\_\_ No major dental problems were found. Keep going to your normal dental checkups.

\_\_\_\_\_ Some possible dental problems were found. These should be looked at more closely by a dentist. Please see your dentist when you can.

\_\_\_\_\_ Some problems that look to need urgent care were found. Please see your dentist as soon as possible.

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