



Paint-a-Smile

A Fun, Hands-On Oral Health Activity for Community Organizations



OBJECTIVE

To highlight the benefit of sealants and how they can aid in preventing cavities.

PROGRAM OVERVIEW

Paint-a-Smile is a fun, hands-on activity that helps show how sealants work. This easy-to-run program is perfect for schools, afterschool programs, youth groups, health fairs, family events, and community organizations.



ArkansasFoundation



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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.

SUPPLIES NEEDED

- Plastic tooth-shaped tooth holders, multicolored
- White-out
- Dental floss

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 QUESTIONS

Q: How many molars do we have?

A: 12

Q: At what age do you get our last set of molars?

A: 17-21

Q: How many sets of teeth do humans have?

A: Two - One as kids and one as adults