

# Facts4Life Activity Mat

## Check In Activity

Think about your favourite book or comic or TV programme. Which of the characters would you most like as a friend and why?

Draw your chosen character and annotate it with the features that would make them a great friend.



## Brilliant Bodies

Watch this Facts4Life video on Tooth Bugs then answer the questions.

<https://www.youtube.com/watch?v=ypuNyibCMXI&t=75s>

What do tooth bugs feed on?

What do tooth bugs produce when they eat and what does this substance do to teeth?

What is the shiny white coating on teeth called?

How should we care for our teeth?

What are tooth caries?

### Further Facts4Life research:

'Smoothing the path'. Create a top tips guide for tooth health. Include some advice on the foods and drinks that may be helpful or harmful for our teeth and gums.

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

## Puzzle Time!

caries  
enamel  
decay  
neutralise  
sugars  
acids  
health  
bugs  
gum line  
particles  
food  
drink



## Connect

Catch up challenge! See if you can do each of the following:

1. Call someone you care about on the phone
2. Have a face to face chat with someone using a device
3. Have a real life meet up for a safely distanced chat or play

You might manage to do some of these things more than once.

Connecting with the people who matter to us is great for our emotional health and wellbeing.

For more activity ideas, visit <https://facts4life.org/for-parents-carers/>

