

CDS National Smile Month Bingo!

National Smile Month
16th May 2023 - 16th June 2023



CDS Oxfordshire OHIMP and OCC Early Years Team are inviting all Early Years settings to celebrate National Smile Month by taking part in our NSM Bingo!

There is a lovely Oral Health themed prize for the setting who can complete all tasks below to get a "full house". The winning setting must also provide photo evidence for as many activities as possible.

To enter, you simply need to take a photo of the activity being carried out (don't forget to get photo permission if needed) and you can submit in one of 3 ways:

- Send directly to us at tasha.borton@cds-cic.co.uk with the date you completed the challenge and setting name
- Download a copy of this bingo board and insert the photos into the squares
- Add on social media with the hashtag **#CDSNationalSmileMonthBingo**

There will also be some smaller prizes up for grabs if a setting can complete ONE or TWO lines in the grid below (4 squares in a row -this can be horizontally, vertically or diagonally from corner to corner).

All entries will need to be **submitted by 23rd June**, and the winner(s) will be announced and contacted by the end of the month to arrange delivery of the prizes.

Sort foods into tooth friendly and tooth unfriendly

Make an oral health display

Watch a brushing video like Hey Duggee

Colouring in activities linked to OH – CDS, Twinkl etc

Read or listen to Open Wide What's inside and discuss

Sing a toothbrushing song

Give out brushing charts to do at home – prize for returned ones

How can we celebrate birthdays without hurting our teeth?

What makes a tooth friendly lunch box – look inside, choose foods, go shopping

Make some tooth friendly savoury snacks

Discuss the right brushing routine – spit don't rinse

Guess the two min game – how long is two mins? How many star jumps, throws, lengths of garden can you do in two mins

Sign up (if you haven't already - email to find out more) and share some OH information from CDS newsletter with families

Share some oral health learning with families or rest of the school

Set up a dentist role play area

Taste some new fruit and veggies using TastEd resources