



# Wellbeing Wednesday 13.05.2020

## Self Care



Look after your teeth!

Use the pictures attached. Cut them out or number them. Put them in order from most to least important in looking after your teeth and mouth. See if an adult agrees. Do the explanations change your mind?

## PE with Joe



www.youtube.com/watch?v=5MinuteMove15MinWorkout1 | The Body Coach TV - YouTube

Don't forget Votes for Schools!

!Enter this week's debate and take a vote. Send in a comment

## Connect

Give someone a call! Ask your family if you can call a family member or someone from our class. in with them and ask them how they are. Tell them what you've been up to and what you're looking forward to doing the next time you see each other! Hearing each other's voices will make you ALL feel great.

## Wellbeing Wednesday

### Put On A Smile

The power of a little kindness and a big smile! With a positive 'marching band' style - and a wartime musical flavour - this song promotes a 'shoulder-to-shoulder' attitude. A great song for clarity, conviction and good, strong diction!

Click [here](#) for the song and [here](#) for the activity sheet



## Keep Learning!

The personal enrichment sessions are a fantastic part of Wellbeing Wednesdays. They allowed us to try something new and possibly establish a lifelong hobby or interest! Think about what hobby you might like to take up at home. Dedicate time to your hobby every Wellbeing Wednesday. Here are some ideas...

Learning a language - [Saying your birthday in Spanish](#)

Reading - take some time to get lost in a book or listen to a story- [Elevenses with David Walliams](#)

Drawing - create a piece of art to go with the Earth Day Challenges

Rambling - enjoy walking in nature

Exercise - try out a new way of keeping fit. What about some yoga?

Gardening - search around in your vegetable scraps and have a go at the regrow task on the discovery sheet. Could you finally get your own little veg patch?

Music and dance- make up a dance to your favourite song or take part in [Sing a major scale](#)

1. Brush teeth twice a day for 2 minutes



2. Drinking fizzy drinks



3. Visiting dentist regularly



4. Smoking



5. Fruit juice and smoothies



6. Spitting out toothpaste after brushing



7. Forgetting to brush teeth



8. Flossing



9. Eating foods lower in sugar



10. Eating foods high in sugar



11. Rinsing straightaway after brushing



12. Chewing gum



13. Drinking water



14. Not visiting the dentist



15. Mouthwash



<p>Brushing teeth twice a day for 2 minutes helps to remove plaque and stop tooth decay.</p>	<p>Cleaning between teeth by using floss helps to remove plaque, stops cavities and tooth decay.</p>	<p>Visiting the dentist regularly helps to keep teeth and gums healthy. The dentist will check for any problems, and remove plaque from teeth.</p>
<p>Eating foods lower in sugar such as fruit and vegetables and snacking on nuts, seeds and crackers are good for dental health. These foods help produce more saliva (spit) and stop plaque building up.</p>	<p>Drinking water washes away food and any sugars left behind on teeth, helping the enamel stay healthy and stop plaque from building up.</p>	<p>Spitting out toothpaste after brushing instead of rinsing with water will mean the fluoride stays on teeth for longer and helps to protect them.</p>
<p>Forgetting to brush teeth can cause plaque to build up and over time, could cause cavities.</p>	<p>Fizzy drinks such as cola and lemonade are high in sugar and can cause tooth decay. They also contain acid which can harm the enamel.</p>	<p>Smoking creates plaque on the teeth and can cause tooth decay or gum disease (gums become sore, swollen or infected).</p>
<p>Eating foods high in sugar such as sweets, chocolate, biscuits and cake can cause tooth decay.</p>	<p>Rinsing straightaway after brushing will wash away the important protective fluoride in toothpaste that should be left to stay on teeth.</p>	<p>Not visiting the dentist for a check-up could mean dental problems like tooth decay or cavities are not treated and could get worse.</p>
<p>Juices and smoothies can count as 1 of 5 a day but they have sugar in and so just having 1 small glass with a meal is best.</p>	<p>Chewing gum after eating can help produce more saliva (spit) and stop plaque building up. Brushing teeth and flossing are more important though, as they clean teeth thoroughly.</p>	<p>Using a mouthwash can help to stop tooth decay but brushing teeth and flossing is still needed for good dental health.</p>