

Autumn has a Healthy Smile

1st-2nd Grade Activity Book

An Ojibwe/English Activity Book



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Boozhoo! Autumn nindizhinkaaz. Migizi nindoodem. Gichi-onigamiing indoobjibaa.

Hello. My name is Autumn. I am Eagle Clan. I am from Grand Portage.



Hi. My name is Bidaash. I'm Autumn's brother.



Boozhoo!

Introduce yourself:

_____ nindizhinkaaz

_____ nindoodem

_____ nindoobjibaa

Nindizhinkaaz - My name is...

Nindoodem - My clan is...

Nindoobjibaa - I am from...





I couldn't wait to show Dr. Hedstrom that I had lost my first tooth. I waited patiently in the waiting area for the Dentist to call my name.



Dentist • wiibidaakewinini



Cavity • miniiwaabide



Teeth • giibidan



Brush teeth • giziiyaabide'o



Smile • zhoomiingweni



Floss • zhegwaabide'o



Tooth Loss • binaabide

I bet you can find all the items on the list throughout the book. Circle the items when you see them on the pages.





It was my turn. I sat in the dental chair and flashed my smile at the dentist.





After she looked at all of my teeth, she explained to me that I didn't have any cavities.

“What’s a cavity”, I asked.

I learned that a cavity is a hole that starts in a tooth that is caused by too much sugar and not enough brushing and flossing. I also learned that if I ever get a cavity, the dentist can fix it for me by cleaning out the hole and filling it up so it won't get bigger.



Fill the cavity with crayon or marker!





Connect the dots!



The dentist showed me how to make sure I was brushing all of my teeth and reaching even the ones in the back. She also showed me how to floss.





She explained to me that now that I have begun to lose my baby teeth, I need to take very good care of the adult teeth coming in.





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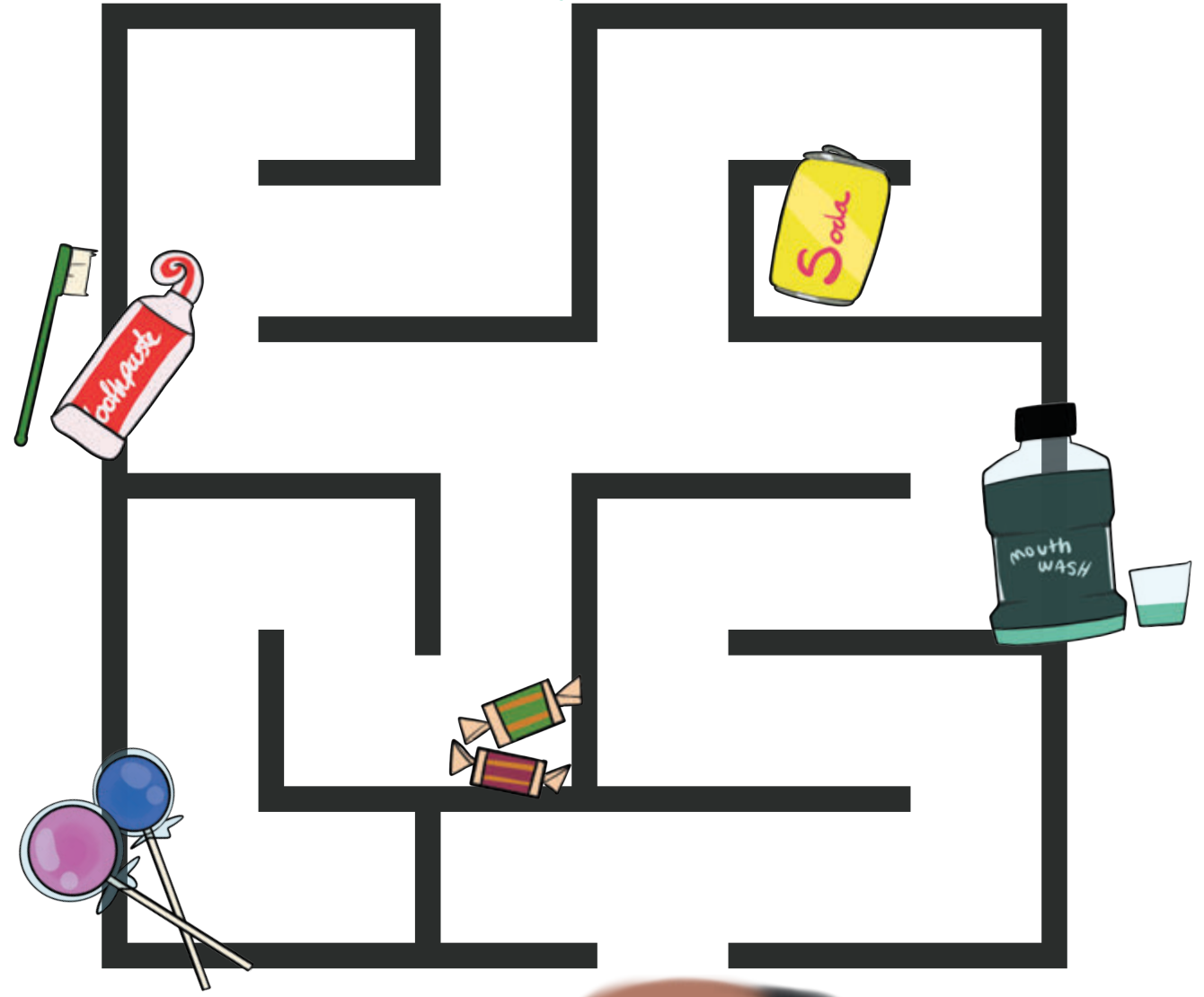
“You will lose all 20 of your baby teeth, which will be replaced with 32 adult teeth by the time you are a young adult. You will need those teeth to chew, talk, and best of all...SMILE”.





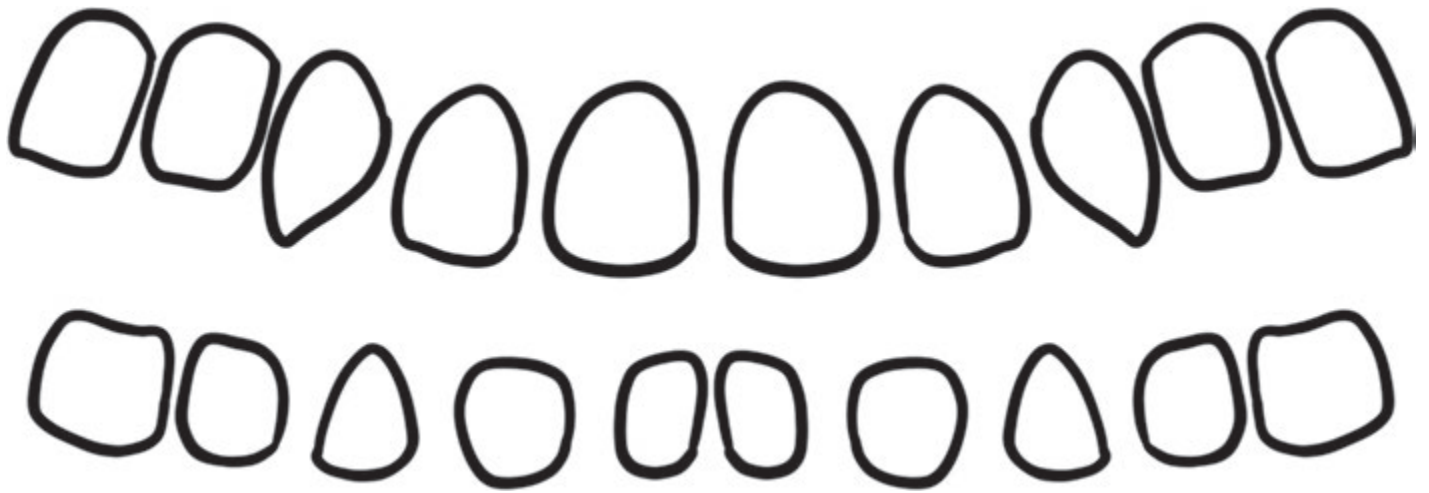
Maze: How To Get To A Healthy Smile.

Start





“Next the dentist will count your teeth and check to make sure you don’t have any cavities. The dentist has a tiny mirror that she uses to look at and count your teeth.”

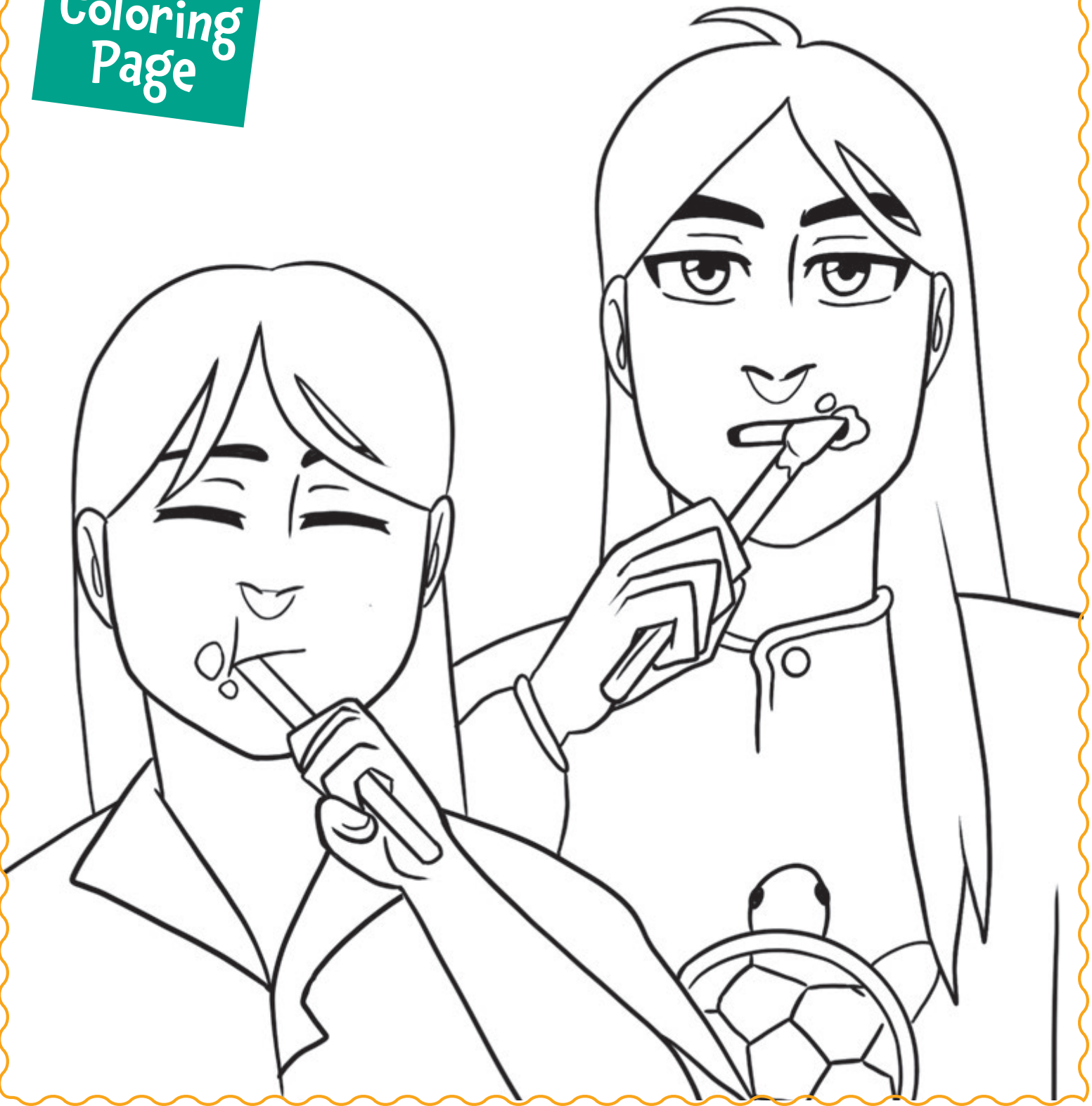


Can you count the teeth?
Have someone help you write the numbers inside the teeth.



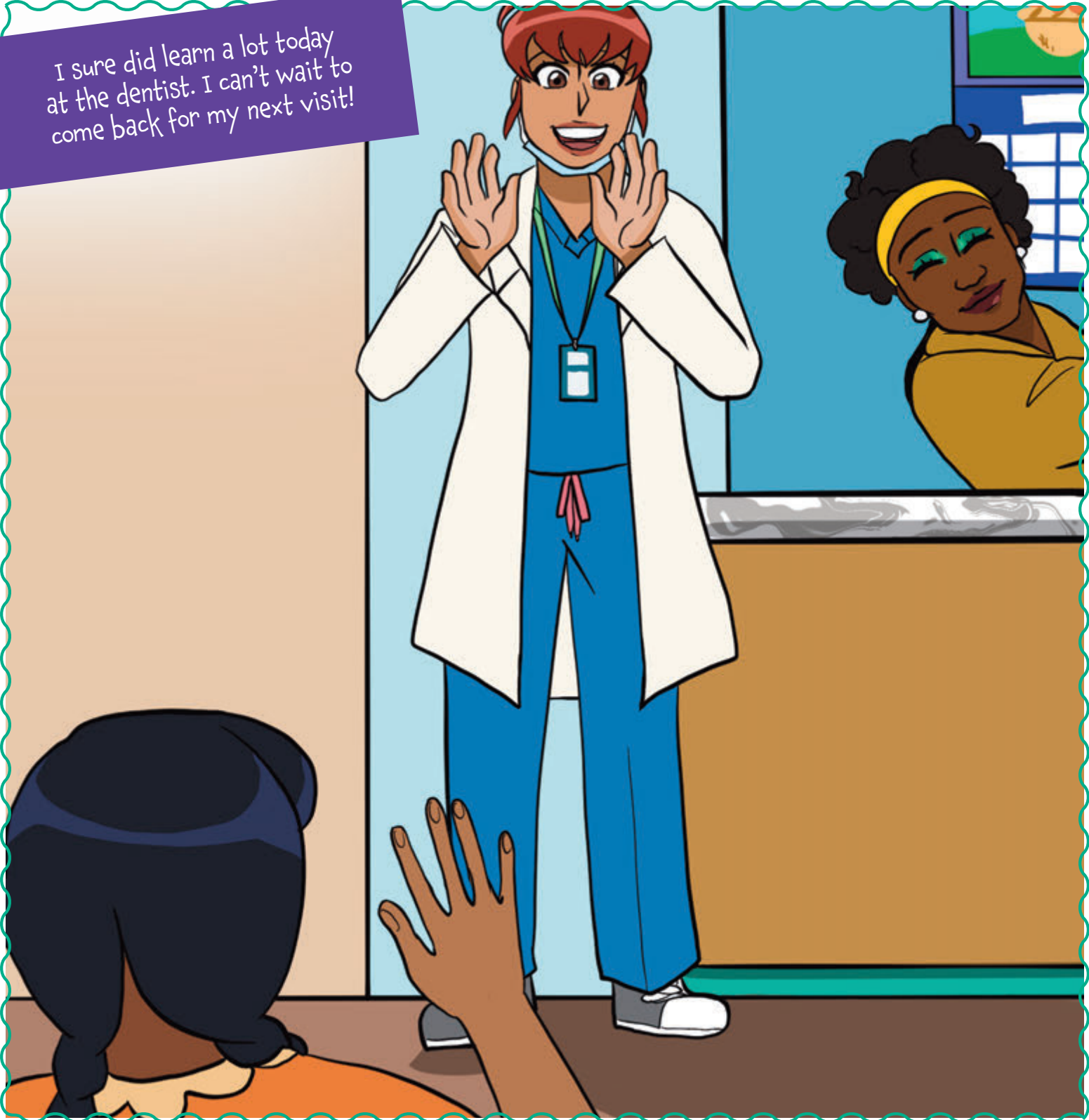


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I sure did learn a lot today at the dentist. I can't wait to come back for my next visit!

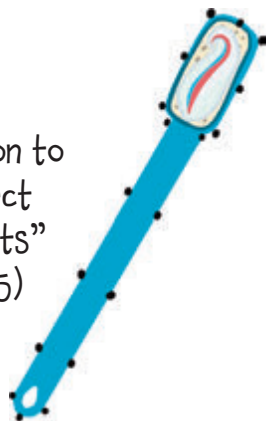




Miigwech!

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Solution to
"Connect
the Dots"
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Solution to
"Maze: How
To Get To A
Healthy Smile."
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