DELTA DENTAL

smile squad

Smile Squad Patch Program

Troop Leader Guide



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Getting Started

A program overview for troop leaders

With all the steps included here, this patch program is as easy as 1, 2, 3. Materials and patches are available to your troop free of charge. Get ready to have some fun!

- Begin: Scouts must complete one activity from each category (Discover, Connect and Take Action) in order to earn their Smile Squad patch.
- After completion: You can order Smile Squad patches for your troop by visiting your state's specific Delta Dental website (listed below).

Websites*

Download select activity materials or order hard copies and oral health storybooks **free of charge** by visiting your state's specific Delta Dental website:

- **Michigan:** www.deltadentalmi.com/scouts
- **Ohio:** www.deltadentaloh.com/scouts
- **Indiana:** www.deltadentalin.com/scouts

Questions

- Email Lisa Ermak at lermak@deltadentalmi.com.



Smile Squad Patch Program

Explore the wonders of the human mouth to earn your Smile Squad patch!

Use your creativity and scouting skills to learn how your mouth links to your overall health and well-being. Review good dental habits, try an oral health experiment, discover how hidden sugars can damage your teeth, and learn about the importance of brushing twice a day and reading every day for a healthy body and mind! Master the topics to earn your patch and join Delta Dental's Smile Squad!

Complete one activity from each category below to earn your patch!





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Discover

Find out something new about your teeth and the people who take care of them.

Interview a dental professional or student

Ask about how they help people maintain healthy teeth and mouths and what people can do to take care of their teeth at home. Or, talk with them about their job and what they do each day. Include the type of education/training needed for this career. What types of STEM (science, technology, engineering and math) classes should you take? **Write a brief report** sharing what you learned.

Try fun oral health science activities

Complete three activities from the "Science Activity Cards." (Download/order **free of charge** from your state's specific Delta Dental website.*) Snap pictures of each activity. **Create a photo album** to share what you learned.

Watch a cool video

Visit www.youtube.com/deltadentalmichigan to watch "From Drool to School" and other fun oral health educational videos. **Create a poster** sharing five facts you learned.

Examine the inside of your mouth

Draw a diagram showing which teeth you have, which teeth you've lost and what types of teeth they are.





Connect

Learn about the important links between your overall health and your oral health.

Track 2 x 2 + 20

It's important to brush your teeth twice a day for two minutes each time and to read for 20 minutes a day. Fill out a brushing and reading chart (download/order **free of charge** from your state's specific Delta Dental website*) to track your daily brushing and reading for one week. For fun, see if you can keep track for an entire month!

Record what you drink for one week

Give yourself two points for every 8 ounces of water or low-fat milk you drink, one point for unsweetened/naturally sweetened drinks such as tea or 100 percent fruit juice, and zero points for every sugar-sweetened beverage such as soda pop, sports drinks, etc. Make a poster with your score, what you learned and changes you will make for a healthier body and smile. Review Delta Dental's Rethink Your Drink brochure to learn more. (Download/order **free of charge** from your state's specific Delta Dental website.*)

Identify healthy vs. unhealthy foods and drinks

Design a poster. Show different foods and drinks that are good for your teeth and mouth and those that are not as good for you. Next to each item, explain why.

Demonstrate healthy habits

Create models of a tooth and toothbrush using household items, and use them in a demonstration to your scout troop or an adult on how to properly brush teeth.

Research tooth culture

Read "Throw Your Tooth On the Roof," (order **free of charge** from your state's specific Delta Dental website.*) and research what children across the world do with teeth when they lose them and some of the practices and beliefs they have about teeth. Write a brief report about the interesting things you learned.



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Take Action

Put all that you've learned into practice to make a difference in your community.

Produce a video or write a song

Make a short video about the importance of healthy teeth and how to take care of them, or write a two-minute song to play while you brush your teeth.

Read an oral health storybook

Read the book aloud to a group of children or an adult, and talk with them about the importance of brushing their teeth every day. (Order oral health storybooks **free of charge** from your state's specific Delta Dental website.*)

Collect and donate

Hold a "Smile Drive" to collect toothbrushes and toothpaste for children in need. Donate them to a local organization.

Make water cool

Start a water-drinking campaign for your troop, family or class that encourages others to drink more water during the day. Review Delta Dental's Rethink Your Drink brochure to learn more. (Download/order **free of charge** from your state's specific Delta Dental website.*)



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Congratulations!

You are now part of the Smile Squad!

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