



Smile Squad Patch Program

Girl Scout Guide



Developed by the Delta Dental Foundation



Getting Started

Program overview

With all the steps included here, this patch program is available to Girl Scouts of all levels and is as easy as 1, 2, 3. Materials are available for download, and patches are available free of charge. Patch can be earned by Girl Scout Daisies through Girl Scout Ambassadors. Get ready to have some fun!

- ▶ **Begin:** Girl Scouts must complete one activity from each category (Discover, Connect and Take Action) in order to earn their Smile Squad patch.
- ▶ **Integrate:** As girls complete the requirements to earn the Smile Squad patch, they will also be able to work on activities to help them earn Girl Scout badges. See key (listed below).
- ▶ **Finish:** You can order Smile Squad patches by visiting <http://gsnccp.org/PatchOrderForm>.

Website

Download activity materials and oral health resources free of charge by visiting nc.deltadental.com/smilesquad.

Key

Watch for these badge symbols next to activities that satisfy part of the badge requirements.



My Best Self Badge



Snacks Badge



Eating for You Badge



Staying Fit Badge

Questions

- ▶ Email Girl Scouts - North Carolina Coastal Pines' Program Team at programteam@nccoastalpines.org.



Smile Squad Patch Program

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

Use your creativity and Girl 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!





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 have 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 free of charge from nc.deltadental.com/smilesquad.) Snap pictures of each activity. **Create a photo album** to share what you learned.

▶ Watch a cool video

Visit nc.deltadental.com/smilesquad 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.

▶ Learn about labels

Understand how to identify sugars when reading nutrition facts on food and drink labels. It may go by other words like “honey,” “dextrose,” or “high fructose corn syrup.” Highlight sugar on labels.





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 soft drinks, 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 free of charge from nc.deltadental.com/smilesquad.)

▶ Identify calcium-rich snacks 🍏

Draw a picture. Show different foods and drinks that are high in calcium and good for your teeth. Next to the items, show how much calcium is in each one. Calcium is a mineral vital for building strong bones and teeth and is found in snacks like milk, cheese, leafy greens, beans, tofu and canned fish.

▶ Demonstrate healthy habits

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

▶ Research tooth culture

Read "Throw Your Tooth On the Roof," 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.





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. For a list of oral health books, visit nc.deltadental.com/smilesquad.

▶ 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 free of charge from nc.deltadental.com/smilesquad.)





Once the activities are completed, you can order Smile Squad patches free of charge by visiting <http://gsnccp.org/PatchOrderForm>.

Delta Dental of North Carolina:
nc.deltadental.com/smilesquad

Congratulations!

You are now part of the Smile Squad!



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