



# Smart Smiles is going online!

Delta Dental of Virginia is excited to announce that our Smart Smiles® oral health curriculum is going completely online for 2021. Smart Smiles makes learning about oral health fun! Developed with teachers and school nurses, and taught in more than 121 Virginia schools, the curriculum provides lessons, videos and online activities to educate students on what it means to have good oral health habits. **This year, the curriculum and all teaching tools will be available entirely online (no need to order physical kits).**

The interactive curriculum is separated into two grade levels (K-2 and 3-5) and contains 11 lessons. Each lesson includes the objectives, the Virginia Health Education Standards of Learning (SOLs) that are covered, class discussion points, a video and suggested activities. Lessons address the importance of oral health to a child's overall health, the impact of nutrition on teeth and proper oral hygiene, and brushing and flossing techniques.



The new digital curriculum will be available on our website beginning January 21, 2021.

## Grades K-2

- Six lessons that can be taught as a unit or single lessons
- Classroom activities
- A daily brushing and flossing chart
- Remote learning activities

## Grades 3-5

- Five more advanced lessons that can be taught as a unit or single lessons
- A daily brushing and flossing chart
- Fun activity sheets, including a board game and MyPlate activity
- Two science experiments to demonstrate how cavities are formed and the importance of fluoride for strong teeth
- Reading food labels to make smart food choices

To learn more about the new Smart Smiles curriculum and to download Smart Smiles materials, visit [DeltaDentalVA.com/foundation/smart-smiles](https://www.DeltaDentalVA.com/foundation/smart-smiles).



Delta Dental of Virginia Foundation