

# Super Smiles!

Healthy Teeth and Visiting the Dentist

Coloring and Activity Book



# Color, Scan & Listen

Learn the Ojibwe words for each page in this coloring book. Ask a grown-up for help by having them use their phone or a tablet to scan the QR code below to hear the words in English and Ojibwe.

**Try saying the Ojibwe words out loud!**

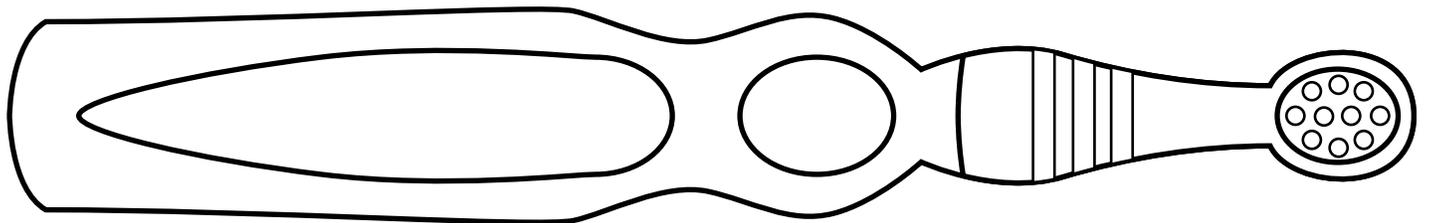
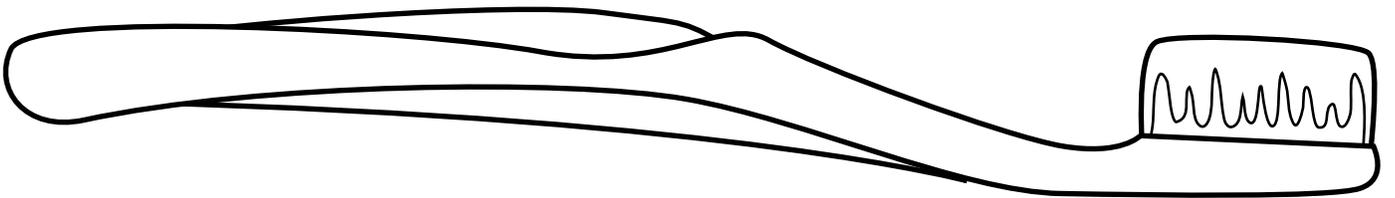
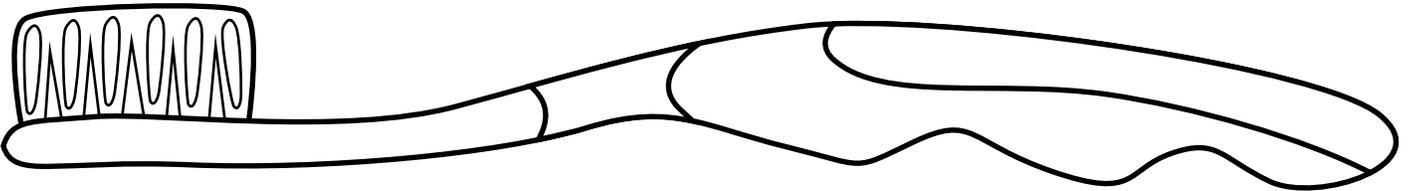
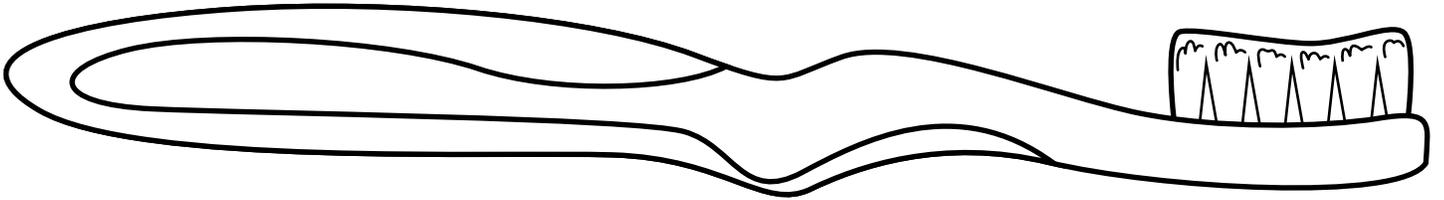
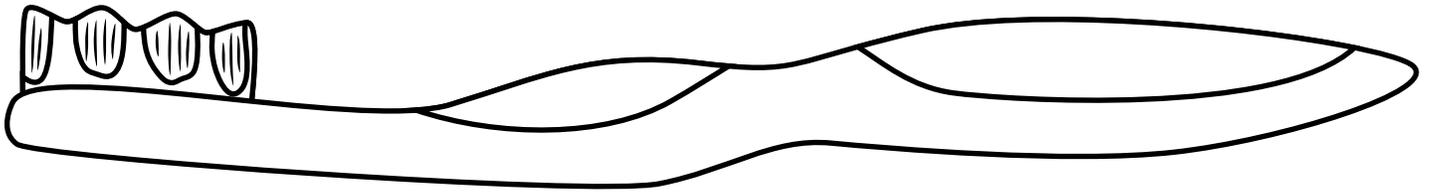
Scan Here for the Translations



A Note for Parents, Caregivers & Teachers:

- Each QR code links to an audio recording of the page text in Ojibwe, spoken by a fluent speaker.
- Internet access is required to play the audio.
- Children are encouraged to listen, repeat, and explore pronunciation at their own pace.
- This book is designed to support language revitalization, cultural respect, and early learning.

Make brushing fun! Color these toothbrushes.



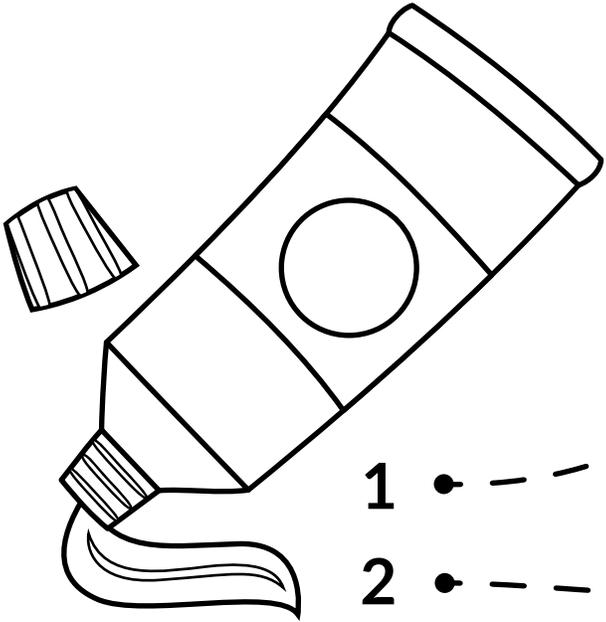
**Toothbrush**  
Giziiyaabide'on

A grown-up should help you  
brush your teeth so they stay  
strong and healthy.



**Help From A Grown Up**  
Wiidookaagod nawaj epiitizinid

Find which path connects the toothpaste and toothbrush.



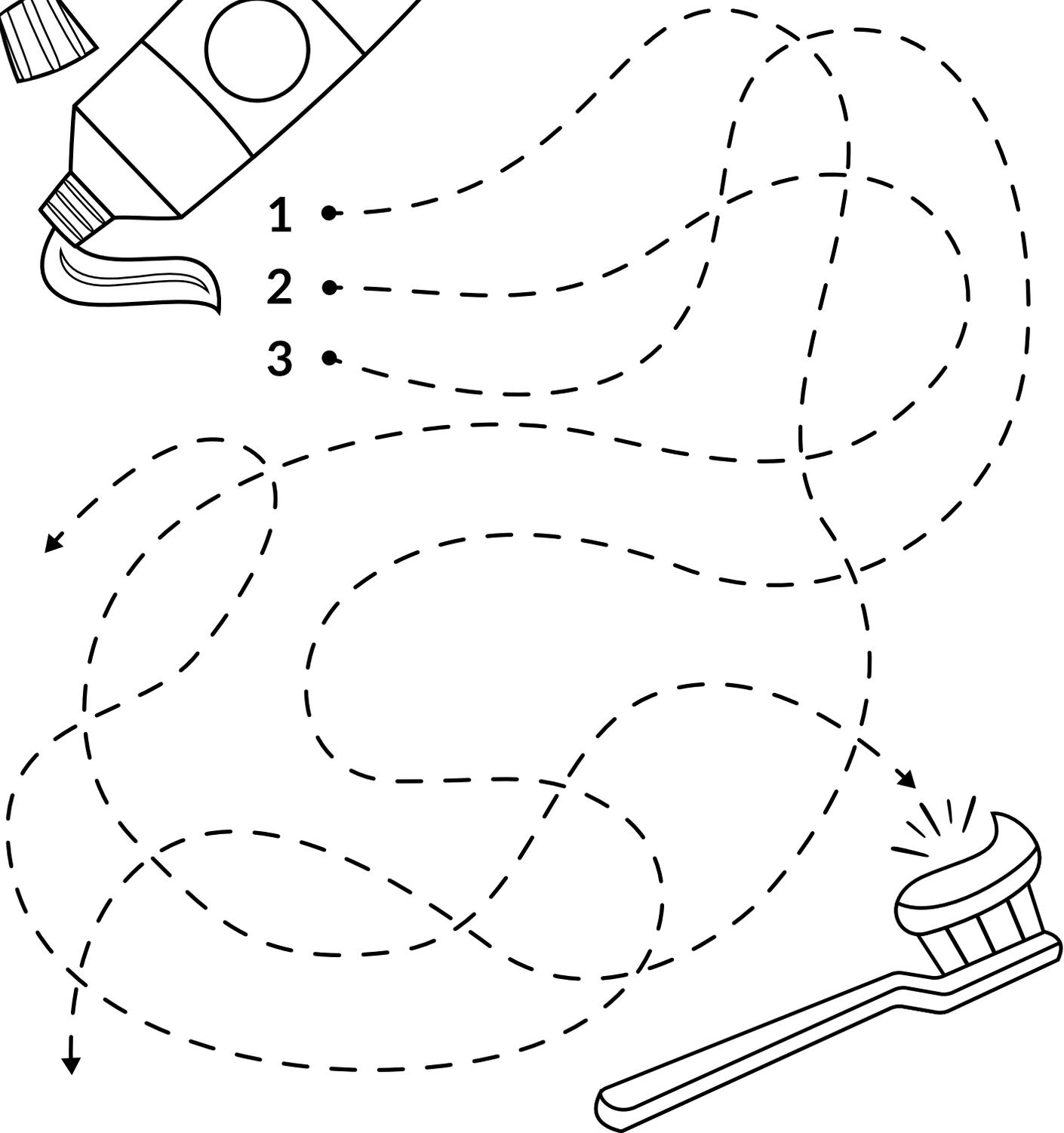
1



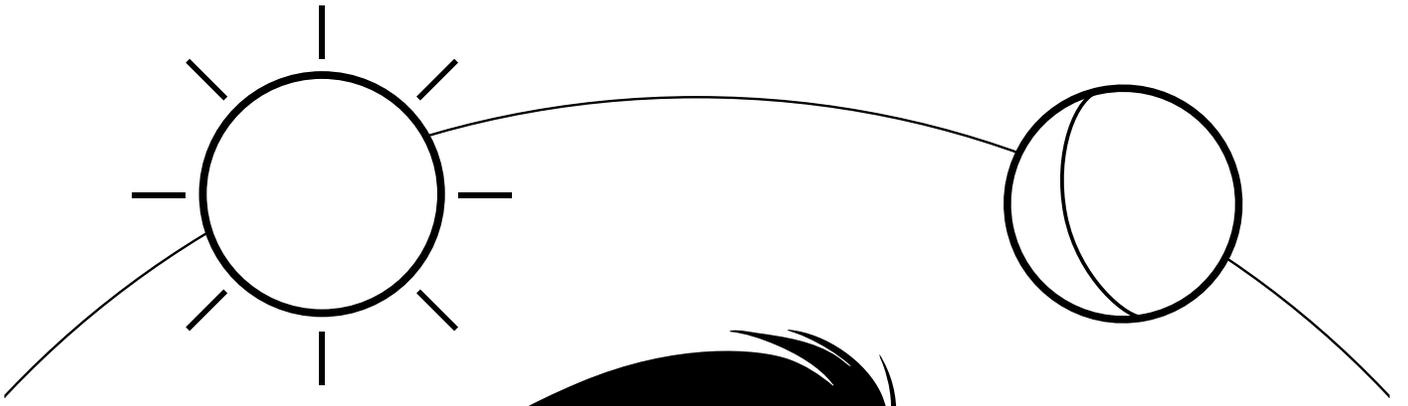
2



3



**Toothpaste**  
Giziiyaabide-bimide



Brushing your teeth in the morning and before bed keeps your smile bright.

**Two Times A Day**  
Niizhing Endaso-giizhik

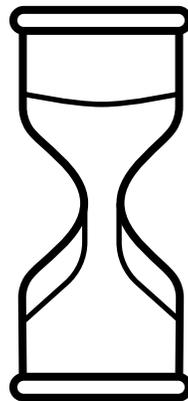
Use the key to decipher the secret message.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

2   18   21   19   8                      25   15   21   18

20   5   5   20   8                      6   15   18

20   23   15                      13   9   14   21   20   5   19

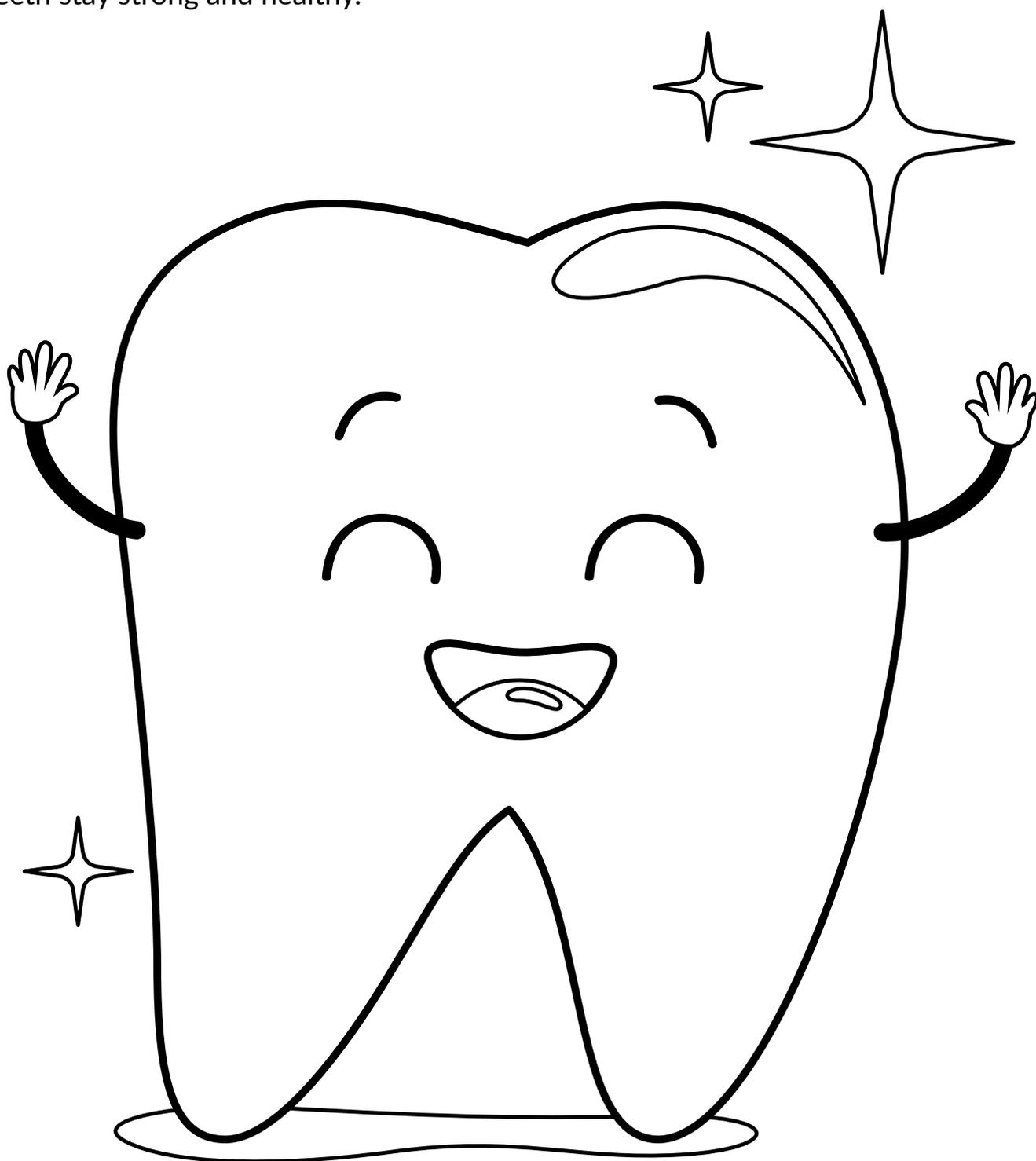


**Use A Timer**

Aabaji' Diba'igiiziswaan

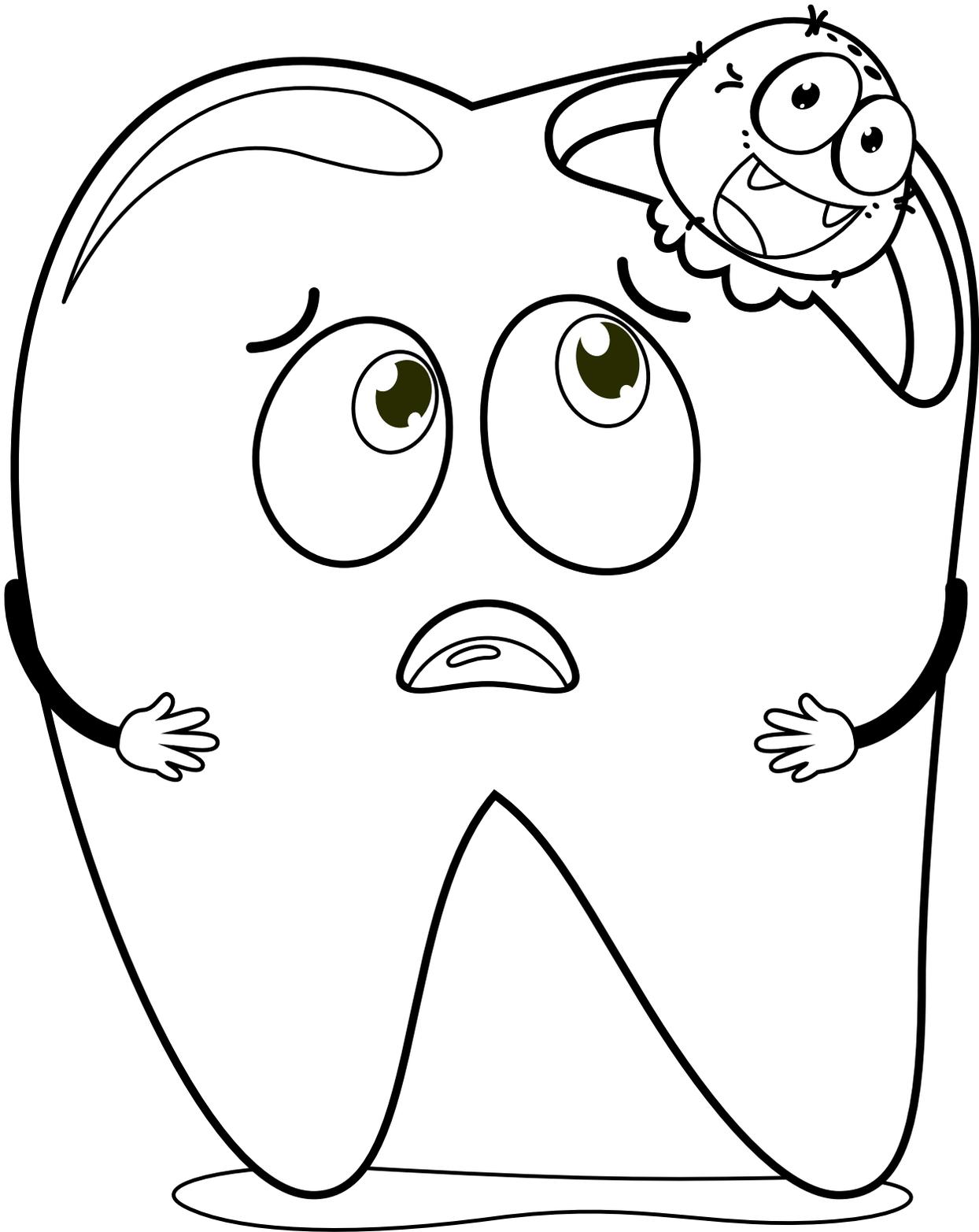


Brushing your teeth helps get rid of the sugar and bacteria, so your teeth stay strong and healthy.



Tooth  
Wiibid

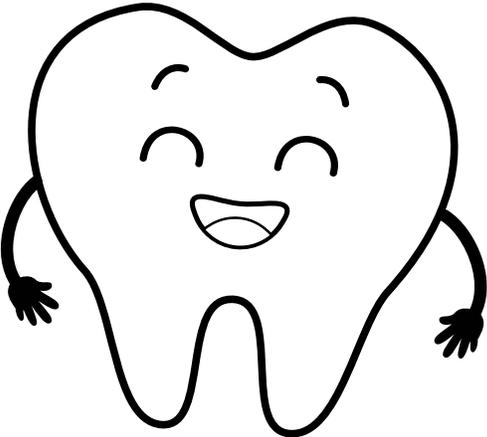
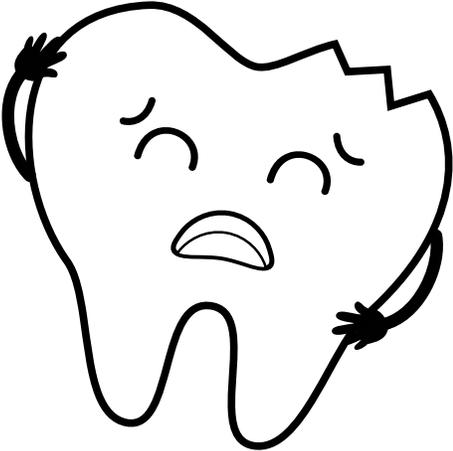
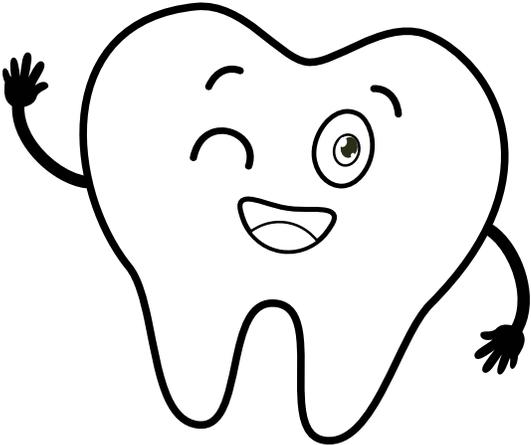
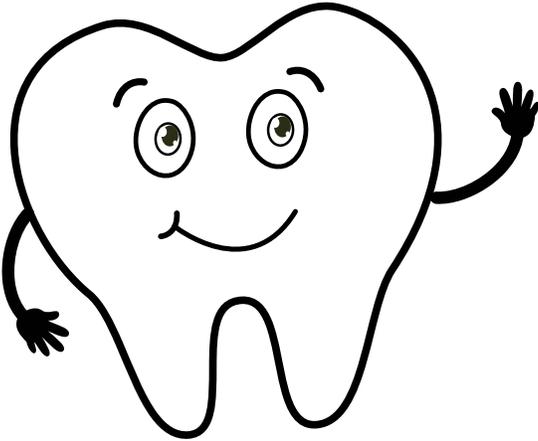
A cavity is a little hole that happen when sugar and germs hurt your teeth.



Cavity

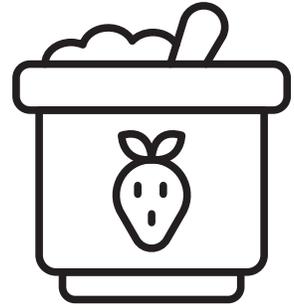
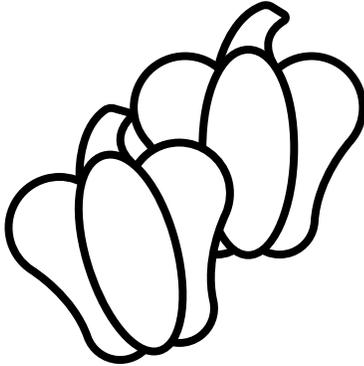
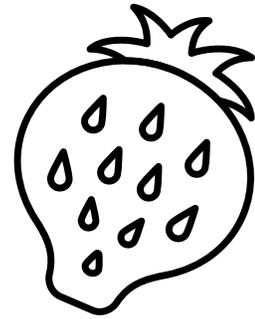
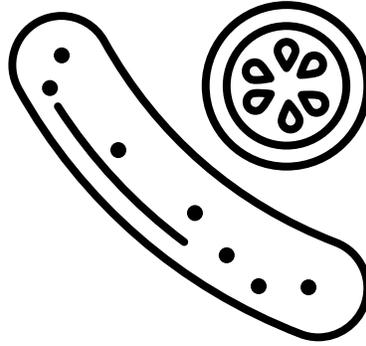
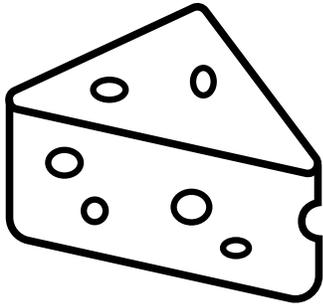
Bigishkanaabide'igan

Keep an eye out for signs of cavities, such as tooth pain, dark spots, or visible holes.  
Circle all the teeth with cavities.

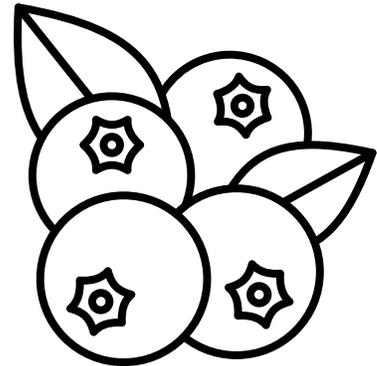
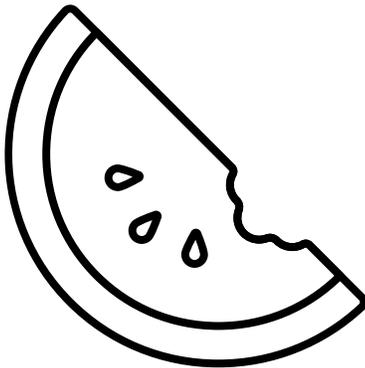
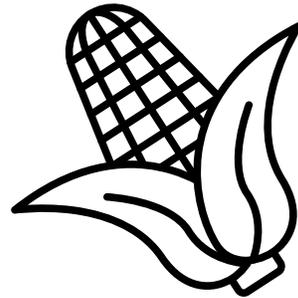
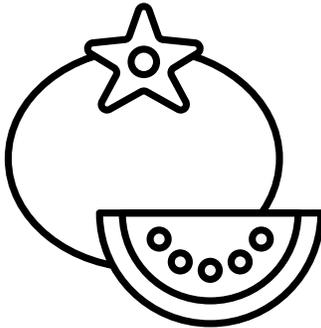


### Look For Cavities

Nandawaabandan bigishkanaabide'iganan



Choose healthy snacks like fruits, vegetables, cheese, and yogurt.



## Healthy Foods

Mino-mijim

Limit sugary and sticky snacks to prevent cavities.



### Sugary Foods

Wiishkobanjigan

Tell an adult about tooth pain.



Toothache

Dewaabide

Sit in the waiting room, until the dentist is ready to check your teeth.



## Waiting Room

Baabii'owigamig

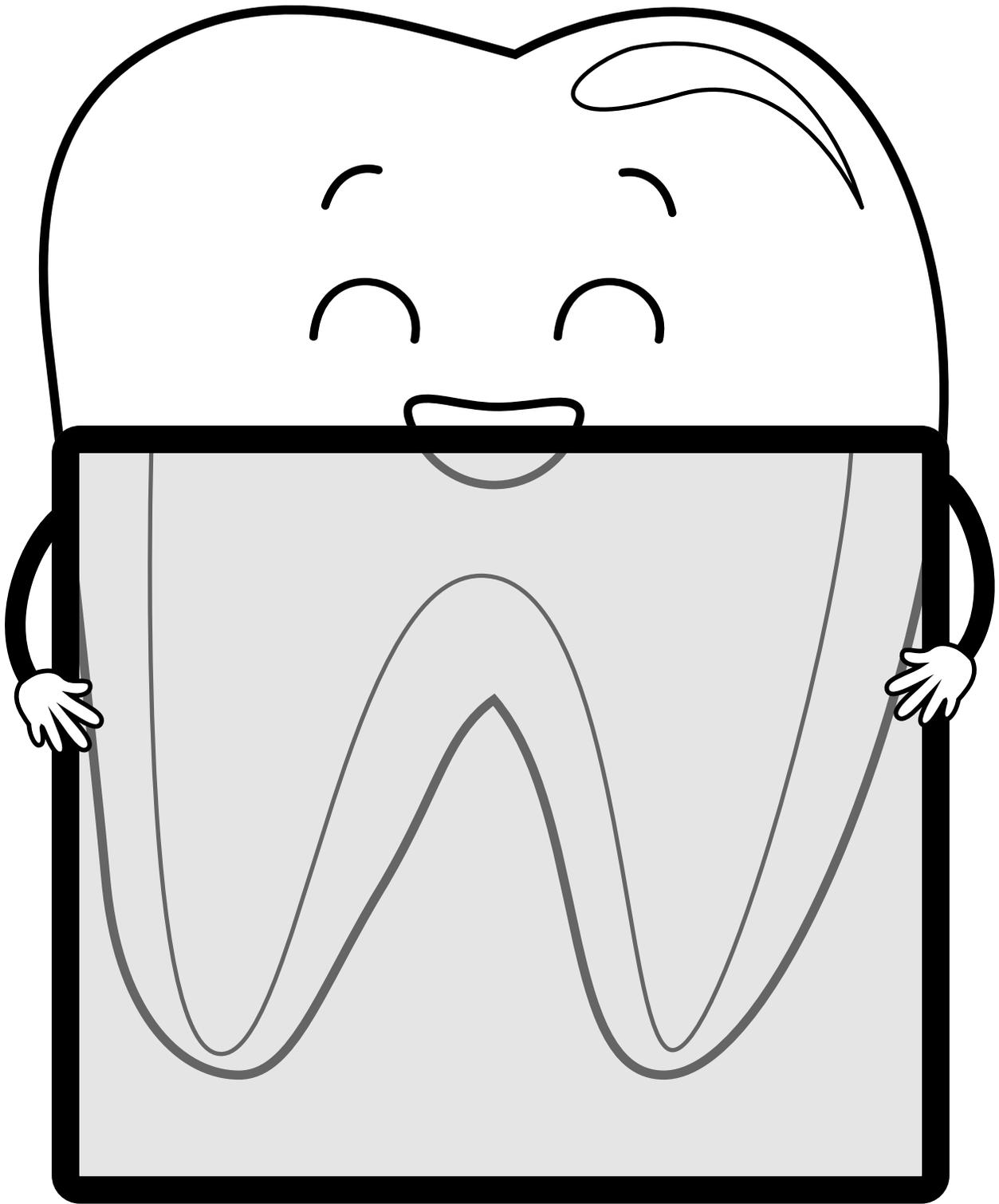
Sit in the big, comfy chair, and sit still while they clean your teeth.



**Exam Chair**

Mamaaji-apabiwin

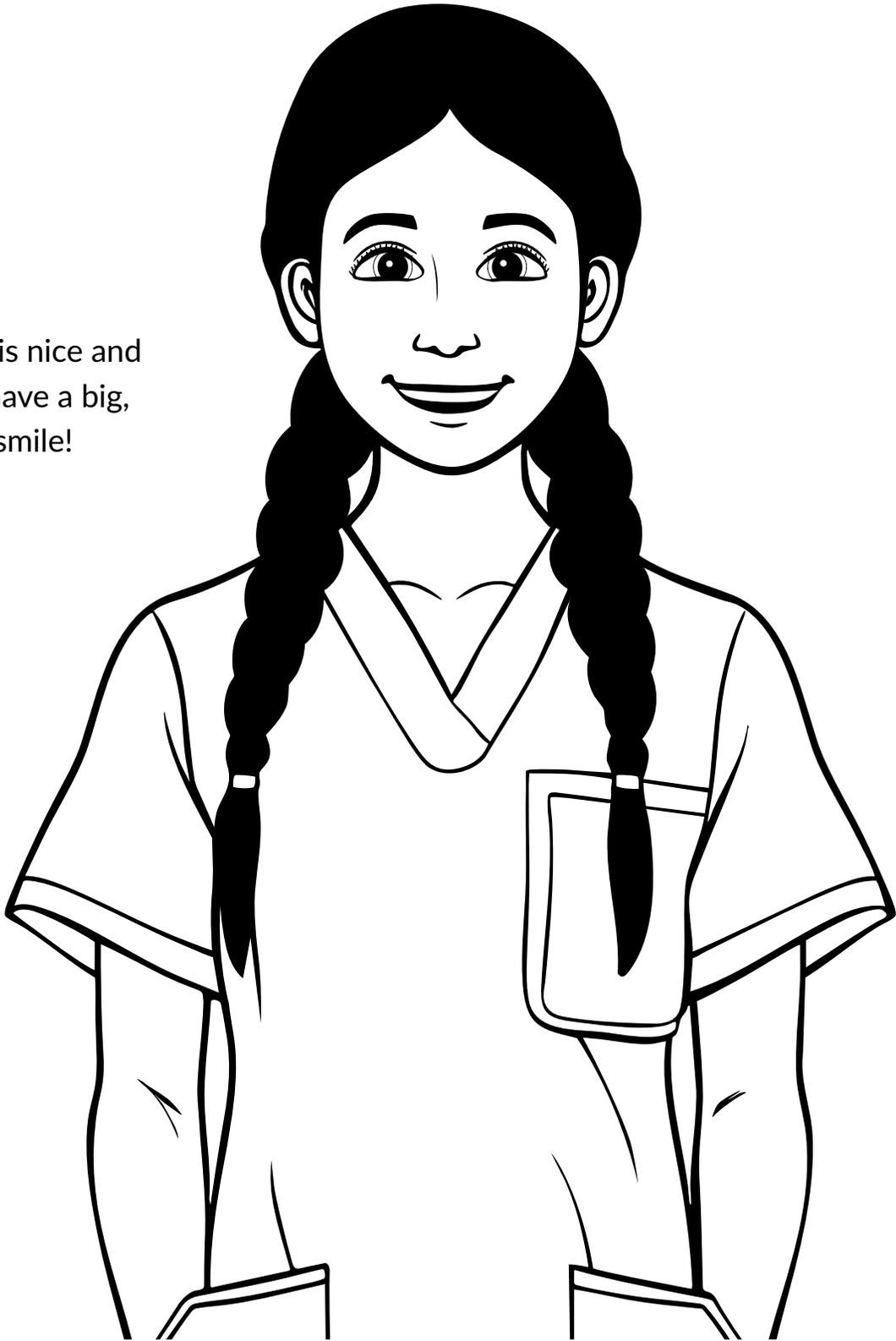
The dentist takes special pictures of your teeth to see what's hiding inside!



**X-Ray**

Zhaabwaateshimaagan

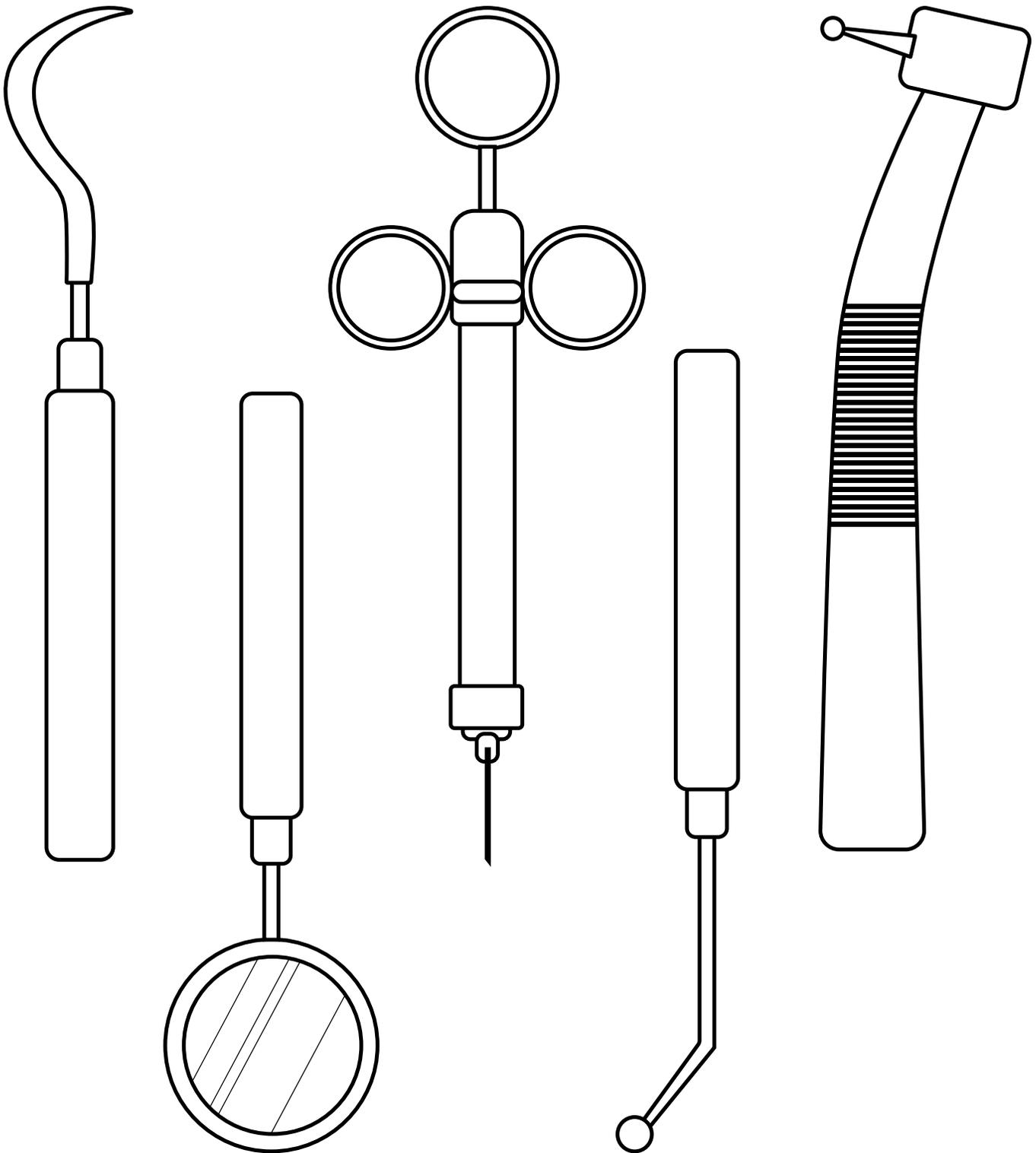
The dentist is nice and  
helps you have a big,  
happy smile!



**Dentist**

Menaabidebizhiwed

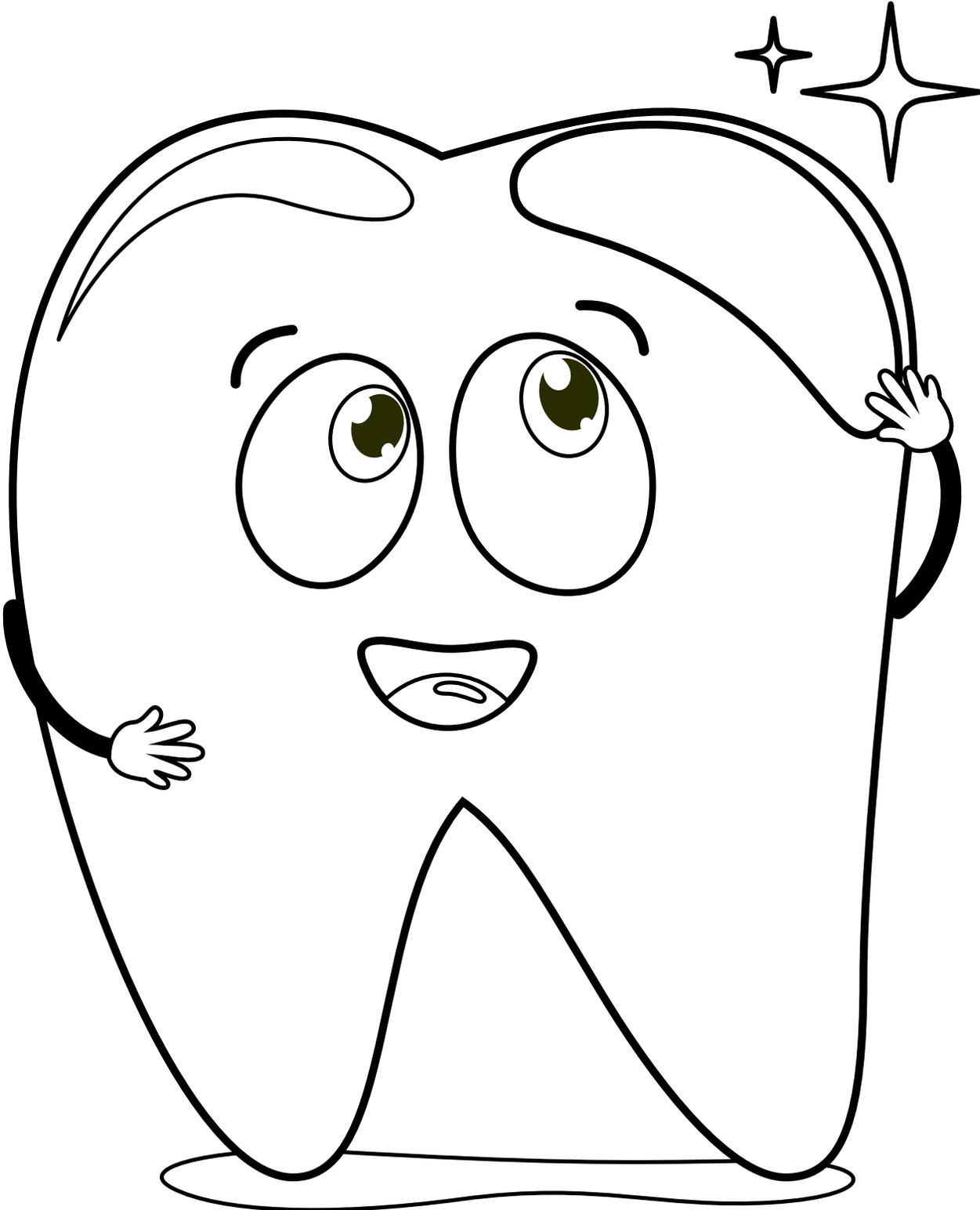
The dentist uses special tools to clean your teeth and make sure they stay super healthy!



## Dental Tools

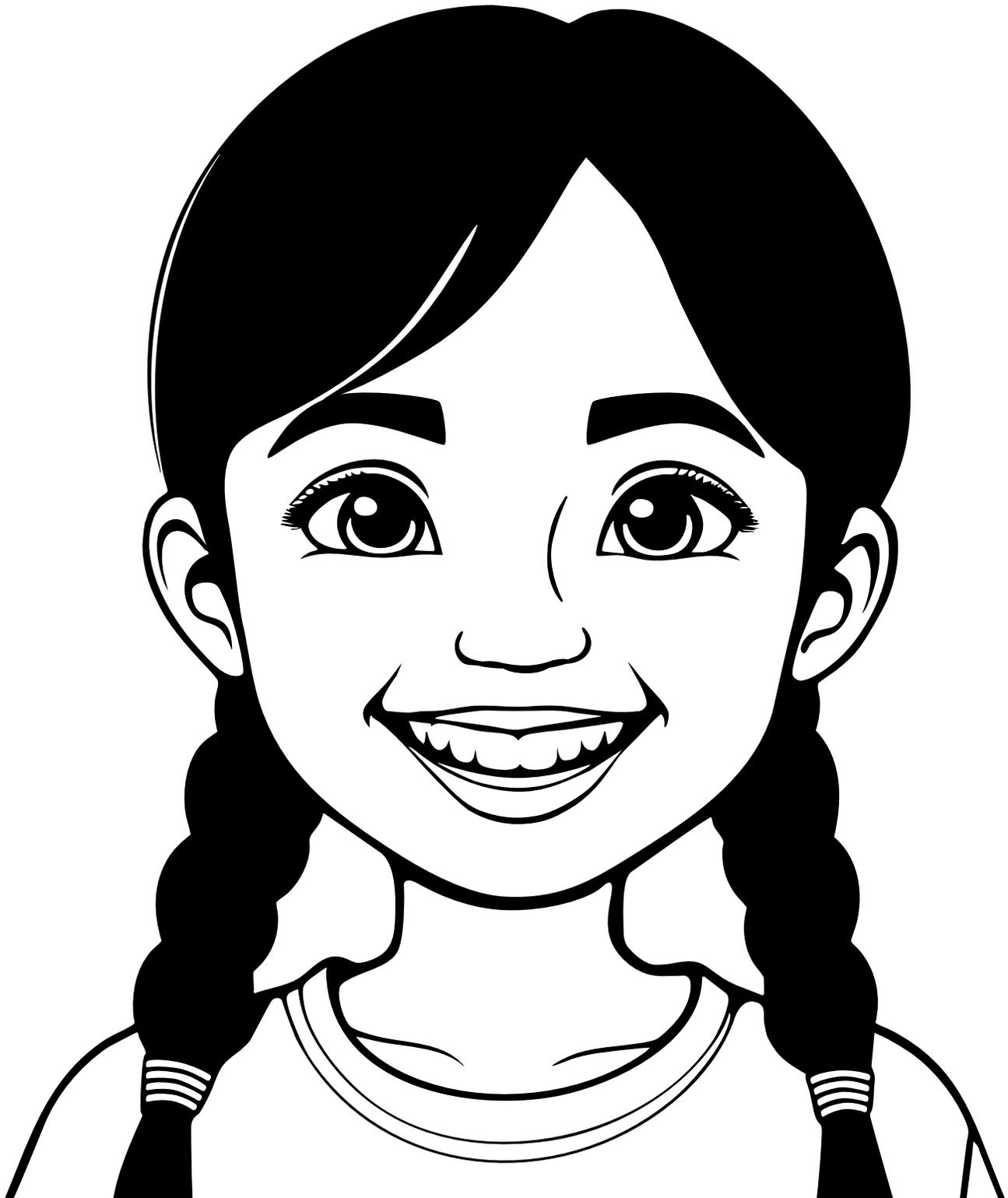
Manaabidebizhiwe-aabajichiganan

If you do get a cavity, the dentist can fix it and make your tooth strong again.



**Fill A Tooth**  
Mooshkinwaabide

Brushing and flossing keep your teeth strong and your smile bright!



**Healthy Smile**

Mino-zhoomiingweni

# Resources



Made possible by the State Infrastructure Fund grant shared with the Beltrami County Community Health Board and North Country Community Health Services

