

EVERYTHING IS PLANNED FOR YOU!

LOW PREP LITERACY CENTER

Dental Health Tracing Cards

These dental health writing cards make practicing letters and numbers fun and engaging for preschoolers. Perfect for a Dental Health Month literacy center, they give kids plenty of hands-on practice with a simple, low-prep setup.

Learning Objectives:

Letter and Number Recognition – Students will identify uppercase and lowercase letters A-Z and numbers 0-10, reinforcing early literacy and numeracy skills through hands-on practice.

Pre-Writing and Fine Motor Development – Students will use proper stroke formation to trace and begin writing letters and numbers, strengthening hand coordination and pencil grip in preparation for independent writing.

Preparation:

- Print the pages on standard paper or cardstock for durability.
- Laminate the sheets for reuse or place them in dry-erase pockets.
- Cut along the lines to create individual writing cards.

How to Use:

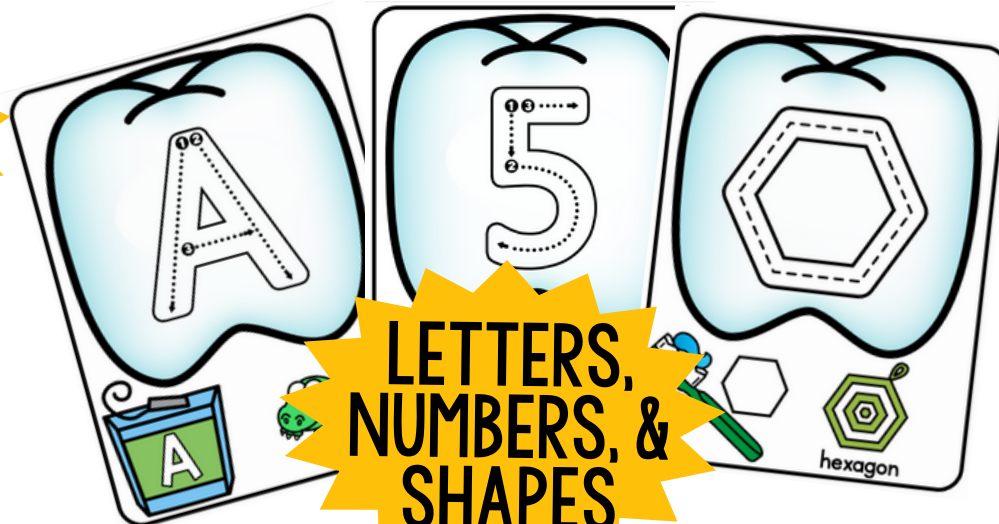
Children use dry-erase markers to trace each uppercase and lowercase letter, as well as numbers 0-10. When they're done, just use a toothbrush to wipe them away and try again for endless practice!

Other Fun Uses:

- **Build the Letters & Numbers** – Instead of tracing with a marker, students can form the letters and numbers using small manipulatives like mini marshmallows, floss picks, cotton balls, or tooth-shaped erasers, reinforcing letter recognition and fine motor skills.
- **Hands-On Letter Formation** – Encourage students to shape letters using Wikki Stix, pipe cleaners, or white playdough to resemble toothpaste, giving them a tactile way to explore letter and number shapes before writing.
- **Sensory Writing Practice** – Place the cards under a clear sensory bag filled with hair gel or shaving cream to represent toothpaste. Students can trace the letters by pressing with their fingers.

Step-by-step directions for the activity.

Extension ideas



LETTERS, NUMBERS, & SHAPES

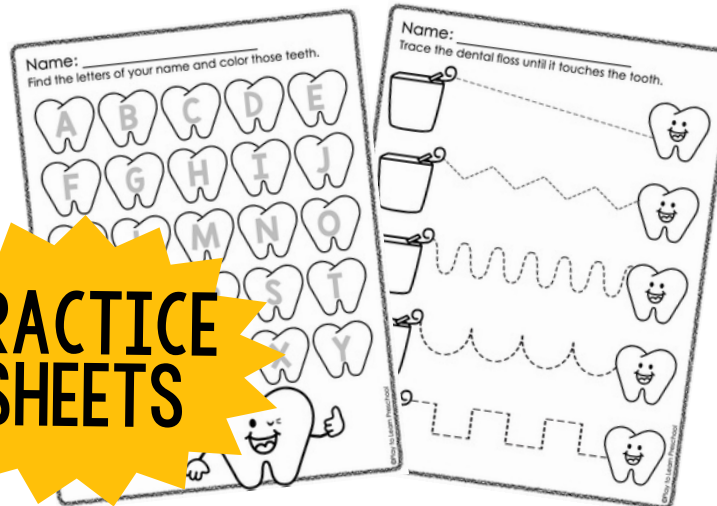


Storage Tips:

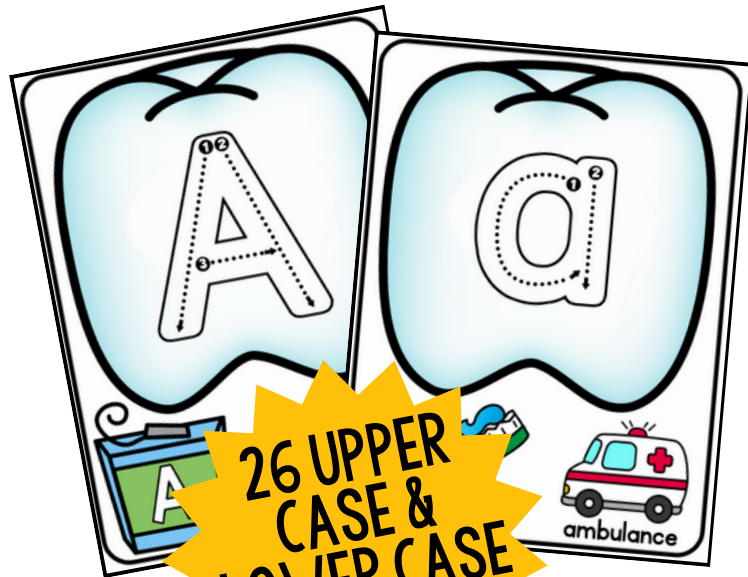
Keep the cards in a small basket or on a binder ring for easy access. Provide a dry-erase marker and toothbrush or eraser alongside the set for independent use.

©Play to Learn Preschool

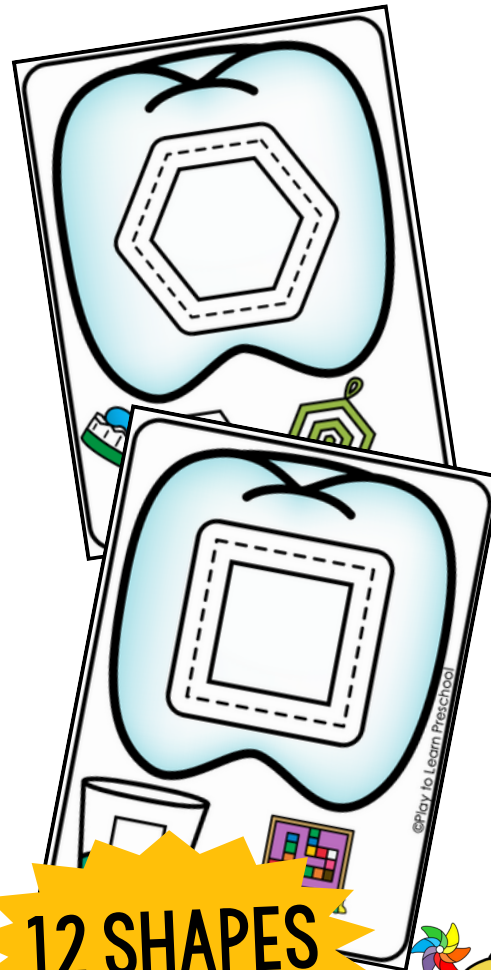
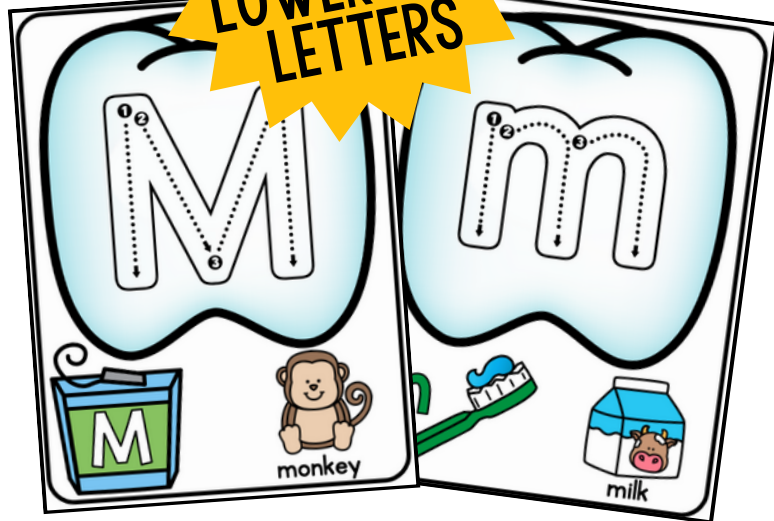
PRACTICE SHEETS



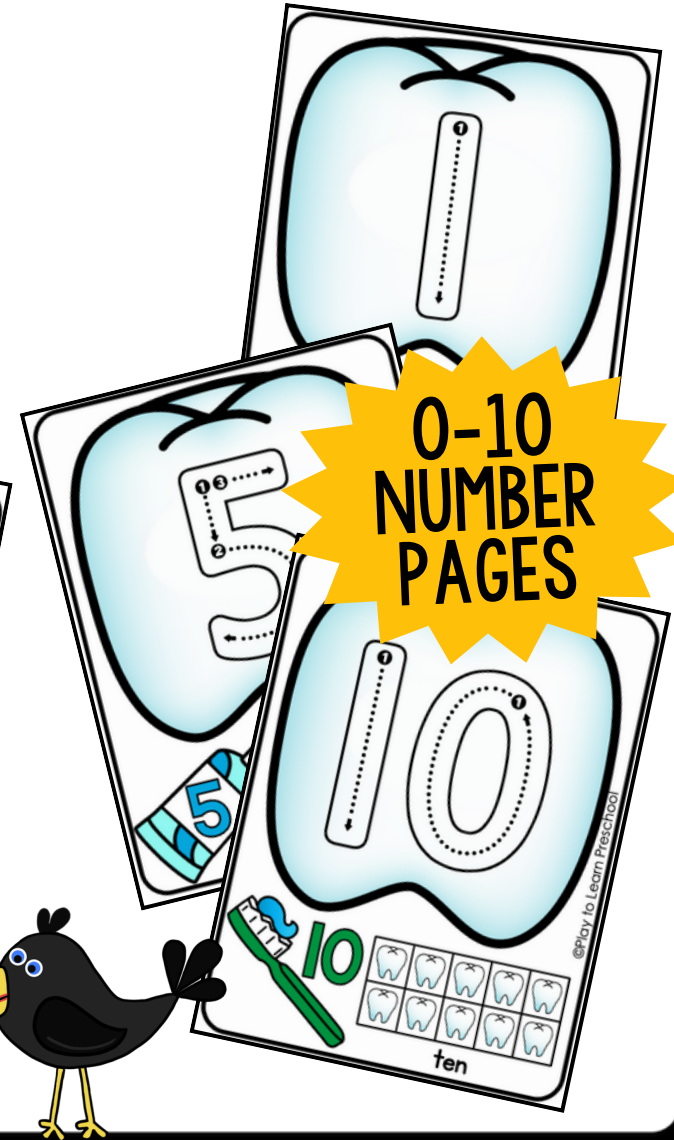
EMERGENT MATH & LITERACY



26 UPPER
CASE &
LOWER CASE
LETTERS



12 SHAPES



0-10
NUMBER
PAGES

LOOKING FOR EVEN MORE DENTAL HEALTH FUN?

10 DAY UNIT

PERFECT FOR DENTAL HEALTH MONTH

Circle Time

10 LESSONS

DENTAL HEALTH

Preschool Unit

Our Friend, the Dentist
is the best of friends to us too!
Let's go to the dentist.
Let's go to the dentist.
H-I-I-to-the-Dentist-O,
Let's go to the dentist.

One needs to brush my teeth.
One needs to brush my teeth.

Who looks on an x-ray picture?
We look on an x-ray picture.

M-4-4-4-4-4-4
One needs to brush my teeth.

M-4-4-4-4-4-4
We take an x-ray picture.

M-4-4-4-4-4-4
We take an x-ray picture.

M-4-4-4-4-4-4
We take an x-ray picture.

M-4-4-4-4-4-4
We take an x-ray picture.

M-4-4-4-4-4-4
We take an x-ray picture.

M-4-4-4-4-4-4
We take an x-ray picture.

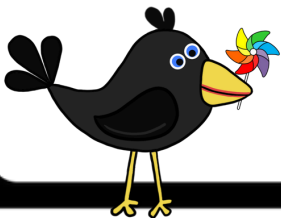
M-4-4-4-4-4-4
We take an x-ray picture.

First
1

Second
2

First
3

Play to Learn Preschool



Have fun playing and learning with your students!



Meet Jamie

Jamie is the founder and C.E.O of Play to Learn Preschool. She has her bachelor's degree in Early Childhood Education and a master's degree in reading education. She has taught in both public and private schools and works tirelessly to create meaningful and delightful preschool experiences for both her virtual and in-person preschool students.

ADDITIONAL RESOURCES:

