Team Up with the DentSquad for National Brush Day 2026!

National Brush Day is recognized every year on November 1st, the day after Halloween, as a reminder to brush away all the candy you've been enjoying and restore those pearly whites. Help us promote the importance of brushing your teeth 2min2x – 2 minutes each time, twice a day by joining the **#NBDDentsquad**! Post a photo of this completed activity sheet online with the hashtag **#NationalBrushDay**, or upload it at **nationalbrushday.com** and be entered to **win one of five $100 Amazon gift cards**!

T B M W E S N I R L O O C A H
Y E I S E T U N I M O W T D N
A R H D O C T O R B R U S H T
D I C A F L O S S F U R Y N D
H C T A E V S R A O F E D Y H
S S B N P E C R H O N V C A T
U S O G U T H N W R T S A I H
R N U D O A A S C I F H P N E
B Q C S E T R I A O S M X Q D
L C I T W V E A N O T M R U E
A A H O T M D C B P N O E R N
N C I T A S R V H E A C G T T
O T O O T H B R U S H S S O S
I H Y M I A N T D W O E T R Q
T G D A C Y Z I T B F C A E U
A R E I D T O A L E C U V G A
N N D T E A O C M S Y V E O D
W R G I T O H D A I S E N T O

Captain Paste
National Brush Day
Cool Rinse
The Dent Squad
Doctor Brush
ToothBrush
Floss Fury
Two Minutes