

## National Children's Dental Health Month

# Play "Dental Sudoku"!

**How to play:** Sudoku is a type of puzzle. In the puzzles below, some squares already have letters in them. These are your clues! Your job is to solve the puzzle by adding the missing letters to the blank squares.

The letters you will use each stand for something you can do help to take care of your teeth and gums:

**B = Brush** your teeth twice a day

**F = Floss** every day

**H = Eat Healthy** meals and snacks

**V = Visit** your dentist for regular check-ups

But there are some rules about the letters you can add to the empty squares!

- Each letter can be used in each row (across) only once
- Each letter can be used in each column (down) only once
- And, each letter can be used in each block (group of four squares) only once

Each game below has 16 total squares. Those squares are grouped into four larger "blocks." Each block as four squares each. The bolded lines border the blocks in each puzzle.

If you add a letter that breaks any of those rules, it is the wrong letter for that square.

The first Sudoku is easy. The second one is a bit harder because there are fewer clues to get you started.

**Good luck!**

**Dental Sudoku 1**

	H		V
	F	H	
	B	V	
F		B	

**Dental Sudoku 2**

H	V		
			H
F			
		B	F



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