DIRECTIONS: Print stencil and trace onto surface. Use a pen or sharp point to make a dotted pattern on the pumpkin, then follow the dots and cut out the areas shown in gray.

Send us a picture when it’s complete! Share your photos with #mouthhealthy on Instagram or Twitter (Twitter.com/AmerDentalAssn). Then, tag us on Facebook (Facebook.com/AmericanDentalAssociation).