

MOUTHGUARD MADNESS

Mouthguards are pretty amazing! They're just little, bendy pieces of plastic, but mouthguards can protect your mouth from jaw injuries, cuts on your lips and tongue, and even broken or lost teeth.



If you play a sport or enjoy activities where you could hurt your mouth by falling, getting hit by something or running into someone, you should wear a mouthguard. Look at the pictures below and circle the activities that require a mouthguard for protection.





ANSWER KEY: Wear a mouthguard when playing baseball, soccer and skateboarding. You do not need a mouthguard for walks, yoga or drawing.