

When should I wear my mouth guard?

A mouth guard is a plastic piece that fits in your mouth and around your teeth to help protect them. It also helps keep your gums and lips safe. Maybe you've seen football players wear mouth guards. But it's not just for football. Wear a mouth guard when playing any sports or activities like the ones below.

Baseball	Gymnastics	Skateboarding	Softball
Basketball	Hockey	Skating	Volleyball
Biking	Karate	Soccer	Wrestling

Now find and circle those sports and activities in this word find game. Look up, down, forward and on the diagonal. Cross each one out on the list as you find them.

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

