



Mouth Safety: Discussion Question Guide

Grin for Kids- Play It Safe

1. Do you wear a mouthguard when playing sports?
2. Why does wearing a mouthguard help protect your smile?
3. Should you wear a mouthguard when you are walking?

Grin for Kids- Mouthguard Madness

1. What is a mouthguard?
2. What is a mouthguard made out of?
3. When should you wear a mouthguard?

Grin for Kids- Guard Your Teeth

1. What famous athletes have you seen wearing mouthguards?
2. If you could design a mouthguard, what would it look like?
3. We know that mouthguards protect your teeth, what else can they protect?

Grin for kids- Where Should You Keep Your Toothbrush?

1. How many bristles does a toothbrush have?
2. How far should you keep your toothbrush from the toilet?
3. What's the first thing you should do with your toothbrush after brushing your teeth?

¿Dónde debes guardar tu cepillo dental?

1. *¿Cuántas cerdas tiene un cepillo de dientes?*
2. *¿Hasta cuánta distancia del inodoro debes guardar tu cepillo de dientes?*
3. *¿Qué es lo primero que debes hacer con el cepillo de dientes después de cepillarte los dientes?*

Grin for Kids- Keep Your Guard Up

1. Are mouthguards just for football?
2. Have you ever worn a mouthguard?
3. Why is it important to wear a mouthguard?

Mantén la guardia alta

1. *¿Son los protectores bucales solo para el fútbol?*
2. *¿Alguna vez has usado un protector bucal?*
3. *¿Por qué es importante usar un protector bucal?*

Grin for Kids- Be on Guard

1. Do you play sports?
2. Should you wear a mouthguard while skating?
3. Can mouthguards help protect your teeth from chipping?

Quédate en guardia

1. *¿Juegas deportes?*
2. *¿Deberías usar un protector bucal cuando patinas?*
3. *¿Pueden los protectores bucales ayudar a proteger los dientes contra el astillamiento?*

Grin for Kids- Guard Your Mouth

1. Did you know that carbs turn into sugar?
2. How many teaspoons of sugar can a sports drink hold?
3. Can your lips still get sunburned when the sun is hiding behind the clouds?

Protege la boca

1. *¿Sabías que los carbohidratos se convierten en azúcar?*
2. *¿Cuántas cucharaditas de azúcar puede contener una bebida deportiva?*
3. *¿Pueden tus labios aún quemarse cuando el sol se esconde detrás de las nubes?*