

LISTERINE®

Superhero Mouthwash Challenge

30 day swish to a healthier mouth!

30 **CONGRATULATIONS!**
END CLAIM YOUR REWARD

29 JUST A FEW COUPLE MORE SWISHES TO YOUR REWARD!

28 OH DEAR!
THE BACTERIA IS BACK TO GET YOU

27 DID YOU MISS A DAY?

26

25 AWESOME!! MOVE UP THE LADDER IF YOU HAVE!

24 MISSED A SWISH?
YIKES!

23 NEARLY THERE
You can do this!
Give it another go to successfully move forward!

22 CHALLENGE MUMMY AND DADDY TO SWISH WITH YOU FOR 60 SECONDS!

21 YOU'RE SO CLOSE TO YOUR REWARD!

20 GREAT JOB SUPERHERO!

19 TAKE A VIDEO WITH MUMMY AND DADDY SWISHING WITH YOU TO THE LISTERINE SWISH SONG!
DON'T FORGET TO SHARE IT! #LISTERINESWISH

18

17 Don't be discouraged, Give it another go!

16 TRY SWISHING IN THE MORNING AND EVENING TODAY!

15 If you have - keep it up and move forward!

14 HAVEN'T SWISHED?
UH OH!
HERE COMES THE BACTERIA

13

12 CAN YOU SWISH AND HUM TO THE LISTERINE SWISH SONG? MOVE 2 STEPS FORWARD IF YOU CAN!

11

10

9 CHALLENGE YOUR FRIEND TO THE LISTERINE SWISH SONG WITH YOU
COMPLETE IT TO MOVE FORWARD!

8 TRY AGAIN, SUPERHERO!

7

6 GREAT JOB SUPERHERO!
MOVE 2 STEPS FORWARD!

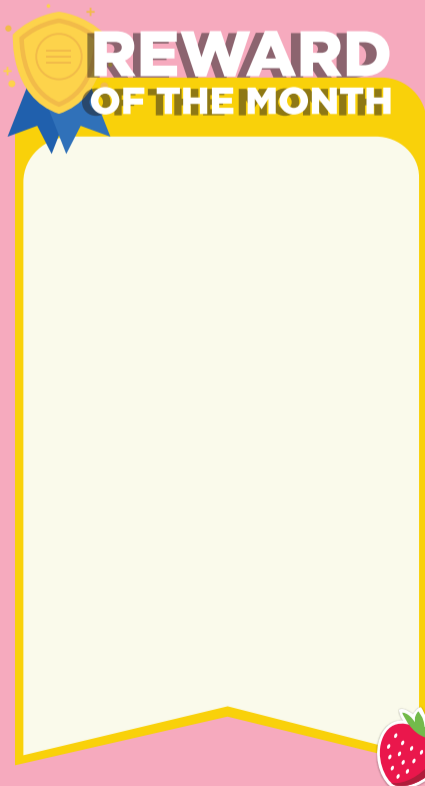
5 DID YOU SWISH TODAY?
CAN YOU SWISH ALONG TO THE LISTERINE SONG?

4

3 UH OH!
THE CRUMMY BACTERIA ARE PUSHING YOU BACK 2 STEPS BACK!

2

1 START! BEGIN YOUR JOURNEY AS A LISTERINE SUPERHERO!



INSTRUCTIONS:

1. Set a reward for your child to look forward to at the end of the challenge (grid 30)
2. Each **LISTERINE** swish ritual a day will take you either a step forward on the ladder or risk getting pushed back by the crummy bacteria on the grid
3. Complete the challenge on the challenge grid to bring you closer to the reward!
4. If the **LISTERINE** swish ritual is missed on certain days, you might have to take a few steps back. So don't forget to swish!
5. Have fun!



*Caution: For age 6 and up only. Use mouthwash under adult supervision. Do not swallow mouthwash!