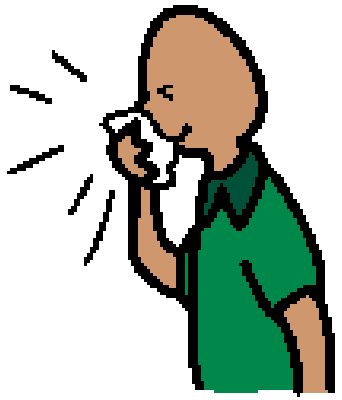
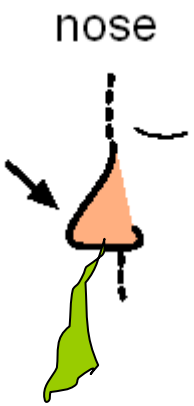
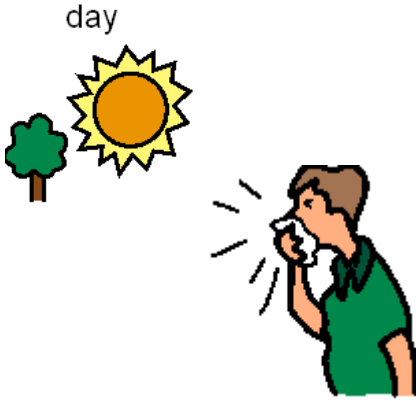
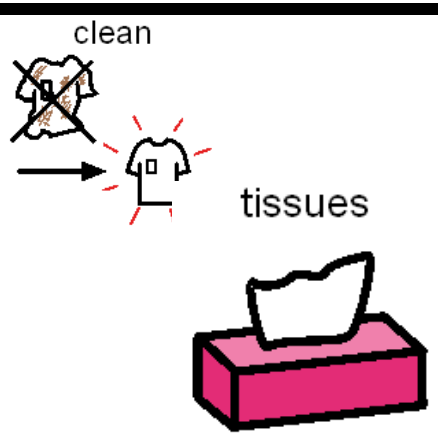
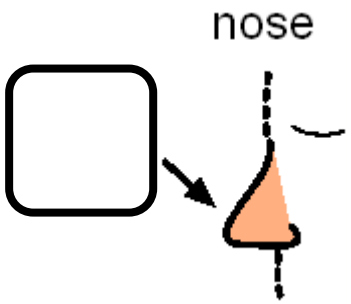
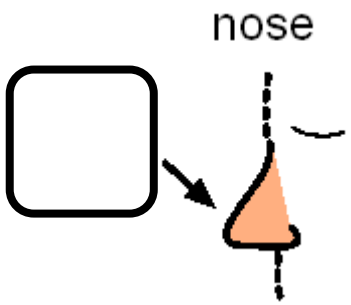
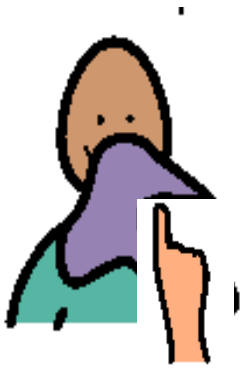
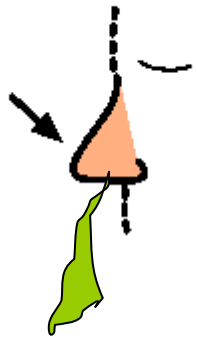
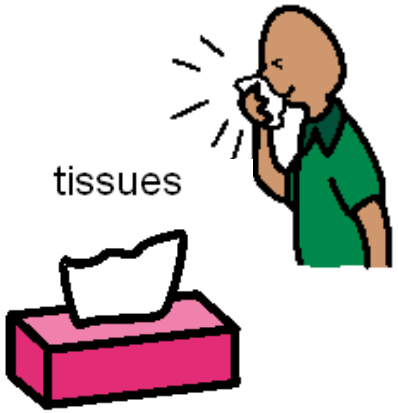
Blowing my nose

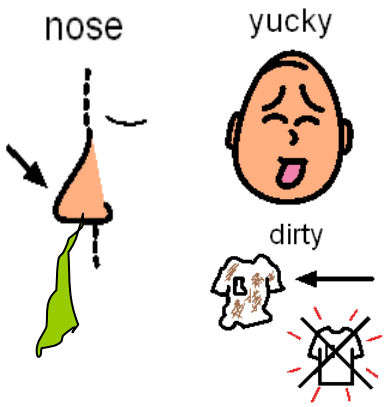
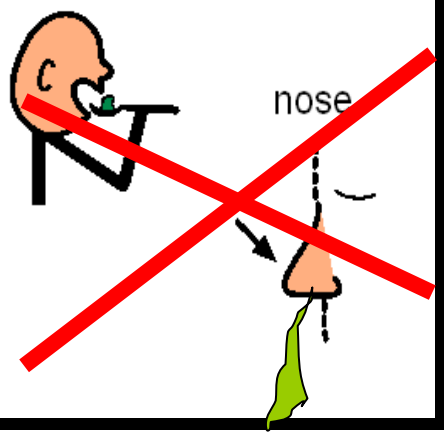
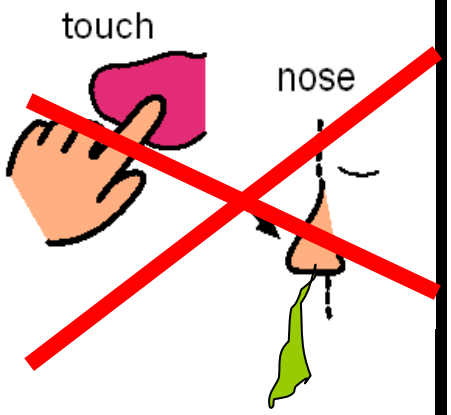


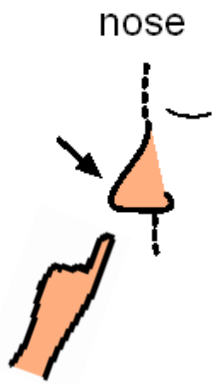
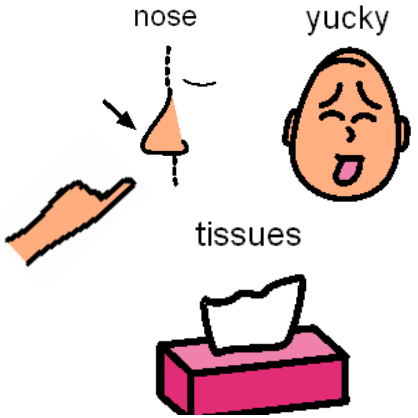
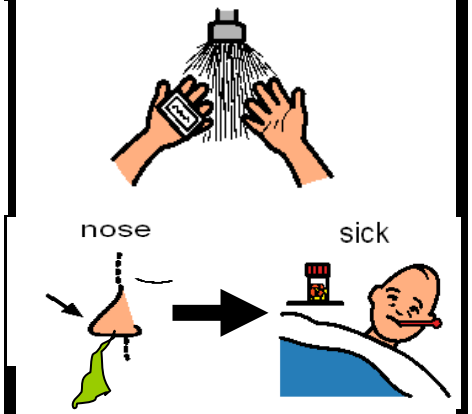
1	Blowing my nose	Every day there is stuff in my nose.	I need to blow and wipe my nose every day to get the snot out.	When I am sick with a cold or runny nose, I need to blow my nose and wipe my nose many times a day
				

2	**Blowing** my **nose**.	I need to get a clean tissue.	Hold the tissue to my nose.	And sneeze and sneeze This is blowing my nose.
				

3	Another way to blow my nose is to hold the tissue over my nose.	Then I cover 1 nostril with my finger and blow gently.	Then I cover the other nostril with my finger and blow gently.	When I am finished sneezing, I need to wipe my nose to get rid of all the snot.
				

4	Sometimes when I sneeze, lots of stuff will come out of my nose.	I always need to blow and wipe my nose with a tissue.	After I blow and wipe my nose, I fold the tissue and then throw away the tissue in the rubbish bin	And wash my hands with soap and water.
	nose 		rubbish 	wash hands 

5	The stuff in my nose is called snot. Snot is dirty and yucky.	I must never eat the stuff in my nose.	I must never play with the stuff in my nose.	I must wash my hands after I touch the stuff in my nose.
				

6	Sometimes people pick their noses.	Sometimes, stuff gets stuck in my nose and I can't blow it out using a tissue. Then it is ok to pick my nose.	But picking my nose is dirty & yucky. I must use a tissue when I pick my nose.	I must wash my hands after I touch the stuff in my nose. The stuff in my nose can make me sick.
				

7	When I pick my nose with a tissue.	People do not want to see me pick my nose. I do not pick my nose in front of people.	When I need to, I will pick my nose in the bathroom.	When I pick my nose I must do it gently if not my nose will bleed.
	