



How I Clean My Nose



Practical Speech

 @practicalspeechphilly
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How to Use This Book

Assembly

- **Print all pages, single-sided**
- **Lamination is recommended**
- **Cut out movable pieces**
- **Choose a child piece to represent your child.**
- **Apply Velcro dots where indicated by red dots.**
- **Apply the opposite side of velcro dots to the backs of movable pieces.**

Reading the story

- **Read the story together with your child. Don't require them to read it themselves if they would prefer to be read to.**
- **Point to pictures while reading to highlight important concepts.**
- **Treat movable pieces as a doll set. Move characters and objects throughout the pages and "play" through the actions.**
- **Don't rush through! Allow your child to explore each page.**
- **Read frequently.**

**Keeping my nose clean is
important.**

**If I keep my nose clean I won't
get sick as often.**

I don't like being sick.



**Sometimes my nose feels
stuffy.**

**When my nose is stuffy, it
makes it harder for me to
breathe.**

**I need to keep my nose clean
so I can breathe clearly.**



**When my nose isn't clean, I
don't sleep well.**

**I should clean my nose before
bed so I can sleep well.**

**I can ask my grown ups for
help!**



**When I sleep better, I have
more energy to play with my
friends!**



**I can clear
my nose by
blowing it
with a
tissue.**





**It's easy to blow
my nose if I
follow the steps!**



**I put a tissue to
my nose and
close my mouth.**



**Then I blow hard
out my nose so
the boogers
come out. Now
my nose feels
clear!**

**I can clear my nose with
spray.**

**It helps my nose feel
less dry.**

**My grown ups can help
me use it!**





**It's easy to clean
my nose. I can
lean over the
sink to start!**



**I place the bottle
inside one side of
my nose, and
push down to
spray.**



**Then I do the
other side. My
nose feels so
clean now!**

**Drinking lots of water helps
my nose stay healthy too.**

**I will bring my water bottle
with me when I go places!**





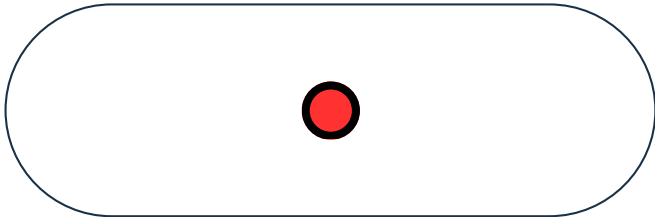
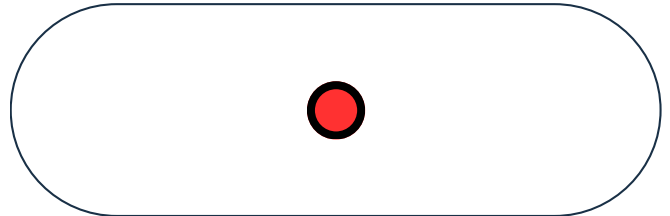
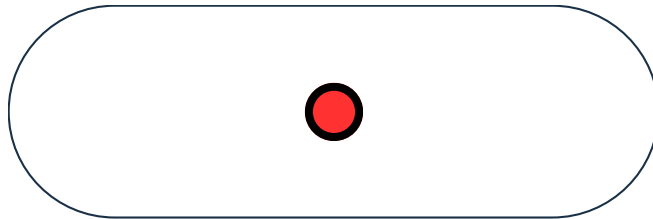
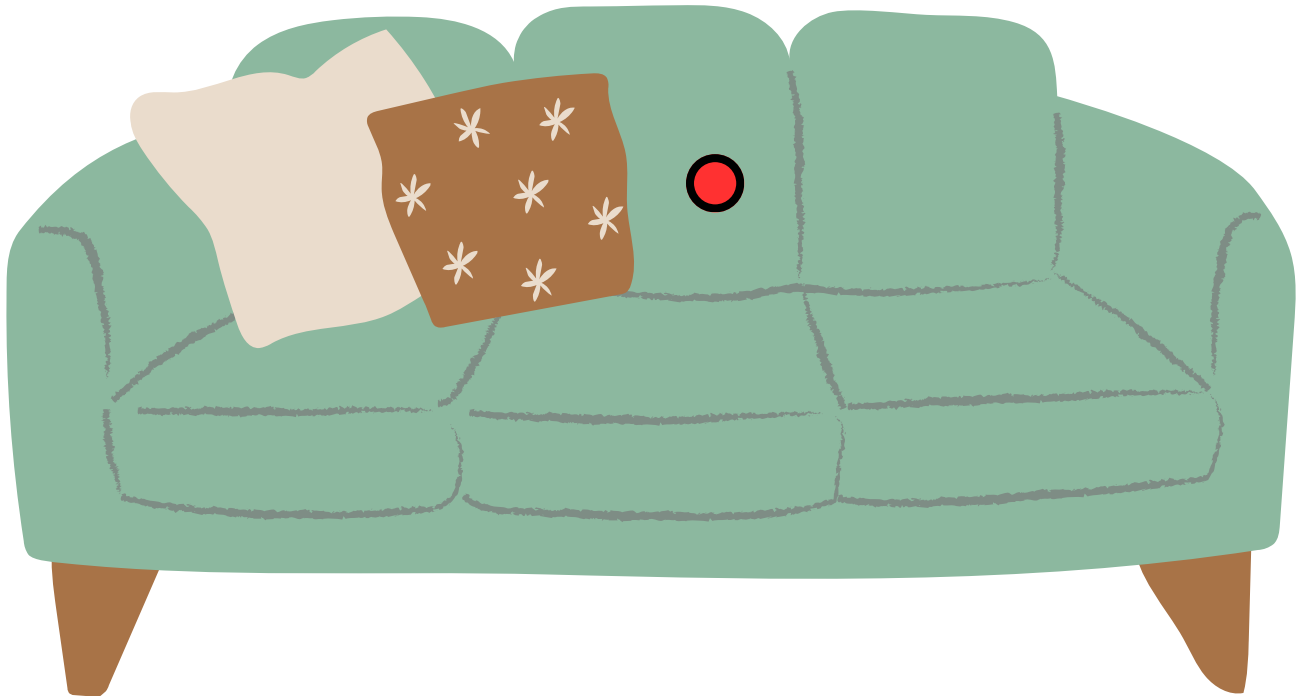
**I can
stay
healthy
by not
touching
my nose.**

**If I touch
my nose,
I will
wash my
hands.**



**I will cover my mouth if I
sneeze or cough.**

My new habits will be:

A white rounded rectangle with a black outline and a red dot in the center, intended for writing a habit.A white rounded rectangle with a black outline and a red dot in the center, intended for writing a habit.A white rounded rectangle with a black outline and a red dot in the center, intended for writing a habit.

**I can practice my new habits
every day!**

**During her trip, Emily
can drink her water.**

**After her trip, Emily can
wash her hands!**

I can too!



**At bedtime, Emily can
clean her nose with spray
with her grown up's help.**

I can too!



**When Emily's nose feels
stuffy, she can use a
tissue to clear it.**

I can too!



Movable Pieces

