

# **Blow Your Nose Obstacle Course**

Obstacle course of activities that teaches kids how to blow their nose

# Goal(s) Addressed

Student will increase bodily awareness by learning, identifying, and using body parts

Student will develop muscle control through activities such as walking, skipping, running, and jumping

# Materials Needed (Including Song if applicable)

- h ttps://www.youtube.com/watch?v=LW9-R3dfw9E - Youtube video demonstrating how to teach your kids to blow their nose. The steps in this video will be incorporated into the obstacle court
- 2. Tissue paper/paper
- 3. Empty floor space to with enough space for 4 different stations
- 4. Bucket/container/small trash can
- 5. Station Markers circles, Squares, or any other markers that could be used to mark where the stations are

## Layout

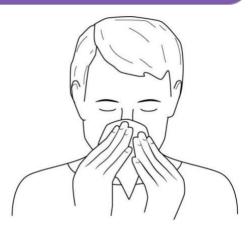
o 4 different stations set up in a diamond shape - Think baseball field!

## **Activity**

1. Demonstrate or walk through the obstacle course with your student to help them along the way.

#### 2. 1st station

- a. Have a tissue or piece of paper waiting at the 1st station
- b. Have student point to their mouth and blow out of it
- c. Hold paper in front of the student's face and have them blow the tissue/paper with their mouth until the paper moves.
- d. Have student jump to next station





#### 3. 2nd station

- a. Have another tissue or piece of paper waiting at the 2nd station
- b. Have student point to their nose and then blow out of it
- c. Hold paper in front of the student's face and have them blow air through their nose, toward the tissue/paper until it moves. Student may need to tilt their head back.
- d. Have student walk backwards to next station

#### 4. 3rd station

- a. Have another tissue waiting at the 3rd station
- b. Have student blow nose into tissue
- c. Have student fold/crumple tissue up after they are done
- a. Have student walk and kick to next station while holding used tissue

#### 5. 4th Station

- a. Have a bucket/small trash can waiting at station 4
- b. Have student toss used tissue into the basket

### 6. Repeat!

a. If you want to conserve tissues, you can use the same one per round and have the student carry the tissue from station to station

# **Accommodations/Modifications/Adaptations**

- This lesson does not need to be taught with an obstacle course. You can still go through the steps of blowing your nose while sitting or standing still.
- The travelling movements can be adapted to make the obstacle course easier or harder based on the student's needs. For Example:
  - Add small objects between stations for the student to jump over
  - o You can have student walk between station
  - Other travelling movements tippy toes, crawl, frog jump, sideways, gallop, skip

Post a picture or video of your students completing the activity and don't forget to tag us



First station - Blowing Air through mouth Second station - Blowing Air through nose Third station - Blowing nose into tissue Fourth Station - throwing away trash