

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)

1. <https://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 course
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
 - 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

