

Thumbs Up! Game

Blowing Nose Routine

("Jimmy Says" action game)

This is played with similar rules to Simon says but no one goes out in this game, they need to follow the routine order and learn it.

Jimmy says first blow your nose, block one hole,
tissue underneath, one big blow

Jimmy says put the tissue in the bin Jimmy says check your nose is
empty

Jimmy says take 5 deep breaths

Jimmy says do 2 big coughs

Jimmy says do some exercise

Jimmy says blow your nose again, block one hole,
tissue underneath, one big blow

Jimmy says put the tissue in the bin

Jimmy says take 5 more deep breaths

Jimmy says do 2 more big coughs Jimmy says do some exercise

Jimmy says if it is still blocked, start all over again

Jimmy says wash your hands when your nose is unblocked

Jimmy says wash your face when your nose is unblocked



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