

Thumbs Up! Songs

Blowing Your Nose

Block one hole
Tissue under
Give one big blow
Now change sides

*One tissue per person is required
each time the song is sung.*

Teacher sings, students echo each line.

Block one hole
Tissue under
Give one big blow
Tissue in the bin

Hear the air
Coming from your nose
Yes, put thumbs up
Wash your hands

Hear the air
Coming from your nose
No, put thumbs down
Start again

*Note: Students drop out of the song once they have put thumbs up.
Ask them to sit down or wash their hands whilst the others re-sing the song.
You can start again with the whole class if students are still blocked after two songs.*

*The aim is for them to know how to blow their nose properly and the routine to
unblock their nose, don't forget tissue in the bin and wash hands at the end.*



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