

Thumbs Up! Game

How to Just Blow Your Nose ("Jimmy Says" action game)

Once you have been through the routine a number of times, then start adding incorrect instructions and ask the children which instruction you skipped. It is important they learn the routine.

Jimmy says block one hole
Jimmy says tissue underneath

Jimmy says one big blow
Jimmy says change sides

Jimmy says block one hole
Jimmy says tissue underneath

Jimmy says one big blow
Jimmy says tissue in the bin

Jimmy says breathe out
Jimmy says thumbs up if there is air and wash your hands (kids just pretend for now)
Jimmy says thumbs down if no air and START AGAIN

Stop and explain the thumbs down kids need to do the routine again. EVERYONE can start again at this stage but ask students to wash hands if clear nose OR repeat sequence if still blocked

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