

## Picking My Nose Story



We all have a nose.



Sometimes I get a cold and my nose gets full of boogers. This makes my nose feel funny and I don't like it.



Sometimes I want to pick my nose and eat them so that I can get rid of the boogers.



Kids think that this is gross and they may say "ewww!" I don't want kids to think I am gross. This would make me feel sad.



When I want to pick my nose I need to STOP, get some TISSUE and BLOW my NOSE. Then I need to throw out the tissue and wash my hands.



If I feel like I am still having problems with my nose and I really, really need to pick it, I can go to the bathroom and pick my nose there where nobody can see me. I still need to remember to wash my hands afterwards.



I like it when kids don't think I am gross. It makes them happy when I don't pick my nose. It makes me happy that I can remember to blow my nose instead. It makes my teachers happy too.