

Nose Picking

People have noses.



I don't like how it feels to have snots in my nose.

Sometimes I pick my nose to get rid of the snots or because I am anxious.



The kids in my class think this is **really gross** and may be thinking "that is sick" "yuck" or stay away from me. This would make me feel upset and lonely.



Instead of picking my nose I can:

Get a tissue





Blow my nose

Then I throw out my tissue. It is best to wash my hands when I'm done.



OR

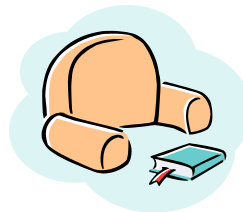
If I'm picking because I am anxious, I can do something else with my hands like:



Make a fist and count to 10.



Use a fidget item.



Ask my teacher for a break.

If my nose is still bugging me and I **HAVE** to pick it, *I need to go somewhere private*, like the bathroom.



Then I HAVE to wash my hands very well!



I feel much better when my teachers or classmates do not think I am doing something disgusting. I feel better when I can blow my nose or play with a fidget item instead. It makes my teachers, classmates and family happy too!