

Name: _____

Week of 6 November 2023

Practical Life Homework
Care of Self: Wiping Your Nose

Encourage your child to wipe his/her nose independently.

Instructions:

1. Pull one tissue from your tissue box.
2. Stand in front of a mirror.
3. Fold your tissue in half to form a rectangle.
4. Using both hands, bring the tissue to your face, covering your nose and mouth.
5. Wipe your nose by bringing both hands together, so that your fingers are gently pressing in both sides of your nose, and move the tissue down to the end your nose.
6. Look in the mirror to make sure your nose is clean.
7. Repeat steps 1 through 6 as needed.
8. Place your tissue(s) in the garbage.
9. Wash your hands.



If you would like to send in a 3x5 hard copy photo of your child performing this task, we will be happy to post it on our Community at Work bulletin board. Seeing themselves on the board gives them a greater sense of pride and encourages independence.