

Name: _____

Week of 11 November 2024

Practical Life Homework
Care of Self: Wiping Your Nose

Encourage your child to develop a habit of using tissue paper to wipe their nose.

Instructions:

1. Holding a tissue container with your non-dominant hand, use the thumb, index and middle fingers of your dominant hand to slowly pull a tissue out of the container.
2. Hold the tissue with both hands and fold it over your nose.
3. Gently wipe your nose keeping the tissue folded as you pull the tissue away from your nose.
4. Throw the soiled tissue in the trash can.
7. Wash and dry 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.