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!