

## Objective

By the end of this lesson, the student will understand what boogers are, why we have them, and their role in keeping our bodies healthy. The student will also engage in fun activities that reinforce their learning about boogers.

## Materials and Prep

- Paper
- Pencil or crayons
- A timer (optional)
- Access to a computer or tablet (optional for research)

Before the lesson, it's helpful to know some basic facts about the human body, particularly the respiratory system, to provide context during discussions about boogers.

## Activities

- **Booger Science Experiment:**

Have the student create a simple chart to track how many times they blow their nose in a day. They can also note how they feel before and after blowing their nose. This will help them understand how boogers help keep our noses clean.

- **Creative Booger Art:**

Using paper and crayons, have the student draw their interpretation of what boogers look like under a microscope. Encourage them to use bright colors and imaginative designs!

- **Booger Facts Presentation:**

Let the student research interesting facts about boogers online or from books. They can then prepare a short presentation to share with the family, highlighting what they learned!

## Talking Points

- "Did you know that boogers are actually made from mucus? Mucus is a gooey substance that helps trap dirt and germs!"
- "Boogers help keep our noses clean. When we breathe in, they catch things that shouldn't go into our lungs!"
- "Ever wonder why we have boogers? They're like little superheroes for our noses, protecting us from getting sick!"
- "What do you think happens to boogers when we blow our noses? That's right! They get expelled, taking dirt and germs with them!"
- "Boogers can come in different colors! Green, yellow, or even clear. The color can tell us if we're healthy or if our body is fighting something."
- "How often do you think people get boogers? Every day! It's a natural part of being human!"
- "What do you think would happen if we didn't have boogers? Our noses would be less protected, and we might get sick more often!"
- "Have you ever picked your nose? It's a common thing to do, but it's best to wash your hands

afterward!"

- "Did you know that animals have mucus too? It helps them just like it helps us!"
- "Next time you see a booger, remember it's just your body doing its job to keep you healthy!"