



Did you know you have an amazing little helper right in the middle of your face?

It's your nose!

Your nose has some very important jobs. It helps you breathe and lets you smell the world around you.

When you breathe in through your nose, air travels inside your body and toward your lungs. Your nose helps warm and clean the air along the way.

Your nose also helps you discover all kinds of smells!

Fresh flowers.

Warm cookies.

Rainy days.

Your favorite dinner.

Some smells can even help keep you safe. Your nose might notice smoke or food that has gone bad and tell your brain, *Something isn't right!*

And here is something really neat: your nose and your tongue work together. Your sense of smell helps you enjoy the flavors of the foods you eat.

You can help take care of your nose, too. Wash your hands, use a tissue when you need one, drink plenty of water, and never put small objects inside your nose.

Your nose is busy helping you every single day.

So breathe.

Sniff.

Taste.

Explore.

And take good care of your amazing nose!



MY AMAZING NOSE!

1. My nose helps me smell many wonderful things!



2. My nose works with my brain to help me learn!



3. My nose helps me breathe clean air!



4. My nose helps me taste yummy food!



5. I keep my nose clean and blow it gently!



I use my amazing nose every day!



Smell



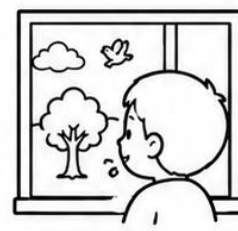
Breathe



Taste



Learn



Explore



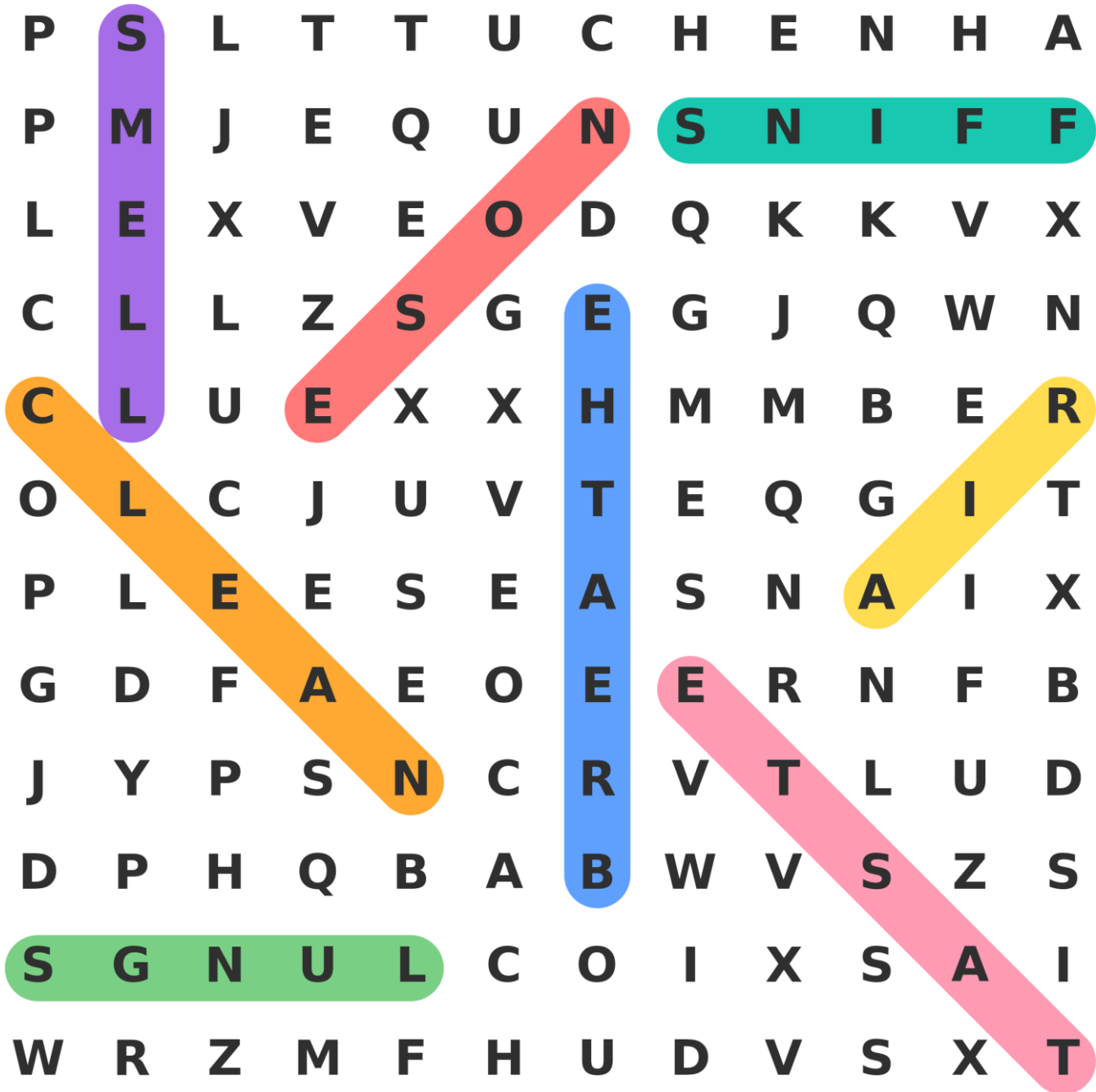
My Amazing Nose!

P	S	L	T	T	U	C	H	E	N	H	A
P	M	J	E	Q	U	N	S	N	I	F	F
L	E	X	V	E	O	D	Q	K	K	V	X
C	L	L	Z	S	G	E	G	J	Q	W	N
C	L	U	E	X	X	H	M	M	B	E	R
O	L	C	J	U	V	T	E	Q	G	I	T
P	L	E	E	S	E	A	S	N	A	I	X
G	D	F	A	E	O	E	E	R	N	F	B
J	Y	P	S	N	C	R	V	T	L	U	D
D	P	H	Q	B	A	B	W	V	S	Z	S
S	G	N	U	L	C	O	I	X	S	A	I
W	R	Z	M	F	H	U	D	V	S	X	T

AIR • BREATHE • CLEAN • LUNGS •
SMELL • SNIFF • SMELL • TASTE



My Amazing Nose!



AIR • BREATHE • CLEAN • LUNGS •
SMELL • SNIFF • SMELL • TASTE



My Amazing Nose!



What Did You Learn About Your Amazing Nose?

1. What is one important job of your nose?

- A. Helping you jump
- B. Helping you breathe
- C. Helping you clap your hands

2. What can your nose help you do?

- A. Hear music
- B. See colors
- C. Smell things

3. Where does the air you breathe travel?

- A. Toward your lungs
- B. Toward your toes
- C. Toward your fingers

4. Your nose and tongue work together to help you enjoy:

- A. Colors
- B. Sounds
- C. Flavors

5. Which is a good way to take care of your nose?

- A. Put a potato inside it
- B. Wash your hands and use a tissue
- C. Rub it on your sleeve



Check Your Work!

★ Answer Key

My Amazing Nose

B — Helping you breathe

C — Smell things

A — Toward your lungs

C — Flavors

B — Wash your hands and use a tissue

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing nose.

Maybe it will be a picture of your favorite thing to smell.

Maybe it will be a picture of you keeping your nose healthy. 🧠

You can draw and color anything you want!