

# DO THE 5

BREATHE

BLOW

COUGH

WASH

CHEW

Feel better to learn better with healthy ears!

What do we need? ✓ tissues ✓ bin ✓ soap  
✓ water ✓ something healthy to crunch



## 1 BREATHE

Take 3 deep breaths in through your nose – fill your lungs!



## 3 COUGH

Cover your mouth and do 2 big strong coughs and then 5 big star jumps.



## 2 BLOW

Close your mouth and using a tissue, blow through each nostril one at a time until your nose is empty.

Make sure you throw your tissue in the bin!  
Take 5 deep breaths in through your nose – fill your lungs!



## 4 WASH

Wash your hands to prevent spreading germs.



## 5 CHEW

Chew crunchy yummy fruit and vegetables.

How are **your** ears today?

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