

Nostril Tube

Play this fun cardboard tube game and show how the snot inside our nose traps dirt and germs to keep our lungs clean.

You will need:

Kitchen Roll



Wooden skewers or tooth picks



Objects to drop such as:

Marbles



A penny

Small sweets



String

Raisins/seeds or any other household items

Safety Warning!

Always clear up marbles and small objects after use as they are a choking hazard.

Top Tip

Use colourful tape or coloured markers to decorate your tube.

This is a great opportunity to explain to your child how important it is to keep the snot in their nose and not pick it out!

How to:



Stand the kitchen roll tube up vertically.



Push the skewers all the way through the tube at various points to provide some obstacles.



Explore dropping different objects through the tube and see what happens.