Name: _____ Date: _____

Nosebleed Plan: Lean, Pinch, Wait

Circle group

A nosebleed can look scary, but it is not usually serious. The inside of your nose has many tiny blood vessels. They sit close to the surface. Dry air, a cold, or picking at your nose can make one break and bleed. Knowing what to do helps you stay calm.

Here is the plan. First, sit down and lean a little forward. Do not tip your head back. Then blood can run down your throat and upset your stomach. Second, pinch the soft part of your nose with your thumb and finger. That is just below the hard bone. Third, breathe through your mouth. Keep pinching for about ten minutes. Do not peek early. If you let go too soon, the bleeding can start again. Watch a clock to count the time.

Tell a grown-up right away. If the bleeding does not stop after a second try, or if it began after a hard bump to the head, a grown-up should call a doctor.

To stop nosebleeds, keep your fingers out of your nose. Blow it gently. These two habits help the most.

Questions

1. What is inside your nose?

_____

_____

2. Which way should you lean in a nosebleed?

_____

_____

3. Why should you not tip your head back?

_____

_____

4. What part of the nose do you pinch?

_____

_____

5. How long should you keep pinching?

_____

_____

6. Why should you not peek early?

_____

_____

Words to know

vessels: tiny tubes that carry blood around the body
surface: the outside or top layer of something
pinch: to squeeze between a finger and thumb

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Nosebleed Plan: Lean, Pinch, Wait

Triangle group

A nosebleed can look scary, but it is usually not serious. The inside of your nose is lined with many tiny blood vessels that sit very close to the surface. Dry air, a cold, or picking at your nose can make one of them break and bleed. Knowing what to do helps you stay calm.

Here is the plan. First, sit down and lean your body a little forward. Do not tip your head back. Tipping back lets blood run down your throat, which can upset your stomach. Second, use your thumb and finger to pinch the soft part of your nose, just below the hard bone. Third, breathe through your mouth and keep pinching for about ten minutes. Try not to peek early, because letting go too soon can start the bleeding again. A clock will help you count the time.

Tell a grown-up right away. If the bleeding does not stop after a second try, or if it began after a hard bump to the head, a grown-up should call a doctor.

To prevent nosebleeds, keep your fingers out of your nose and blow it gently. Those two habits help the most.

Questions

1. What lines the inside of your nose?

_____

_____

2. Which way should you lean during a nosebleed?

_____

_____

3. Why should you not tip your head back?

_____

_____

4. Which part of the nose do you pinch?

_____

_____

5. About how long should you keep pinching?

_____

_____

6. Why is it a bad idea to peek early?

_____

_____

Words to know

vessels: tiny tubes that carry blood around the body
surface: the outside or top layer of something
pinch: to squeeze between a finger and thumb
prevent: to stop something before it happens

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Nosebleed Plan: Lean, Pinch, Wait

Square group

A nosebleed can look alarming, but it is usually not serious. The inside of your nose is lined with many tiny blood vessels that sit very close to the surface. Dry air, a cold, or picking at your nose can cause one of them to break and bleed. Knowing exactly what to do helps you remain calm.

Here is the plan. First, sit down and lean your body slightly forward. Do not tip your head back, because that allows blood to run down your throat, which can upset your stomach. Second, use your thumb and finger to pinch the soft part of your nose, just below the hard bone. Third, breathe through your mouth and continue pinching for about ten minutes. Try not to peek early, since releasing the pressure too soon can start the bleeding all over again. A clock will help you keep track of the time.

Tell a grown-up right away. If the bleeding does not stop after a second attempt, or if it began after a hard bump to the head, a grown-up should call a doctor.

To prevent nosebleeds, keep your fingers out of your nose and blow it gently. Those two habits make the biggest difference.

Questions

1. What lines the inside of your nose?

_____

_____

2. Which way should you lean during a nosebleed?

_____

_____

3. Why should you avoid tipping your head back?

_____

_____

4. Which part of the nose should you pinch?

_____

_____

5. About how long should you continue pinching?

_____

_____

6. Why is it unwise to peek early?

_____

_____

Words to know

vessels: tiny tubes that carry blood around the body
surface: the outside or top layer of something
pinch: to squeeze between a finger and thumb
prevent: to stop something before it happens

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Nosebleed Plan: Lean, Pinch, Wait

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Nosebleed Plan: Lean, Pinch, Wait

Easier · 185 words · Flesch-Kincaid grade 2.1

1. Many tiny blood vessels close to the surface.
2. A little forward.
3. Blood can run down your throat and upset your stomach.
4. The soft part, just below the hard bone.
5. About ten minutes.
6. If you let go too soon, the bleeding can start again.

Triangle: Nosebleed Plan: Lean, Pinch, Wait

This passage · 196 words · Flesch-Kincaid grade 3.7

1. Many tiny blood vessels that sit close to the surface.
2. A little forward.
3. Blood can run down your throat and upset your stomach.
4. The soft part, just below the hard bone.
5. About ten minutes.
6. Letting go too soon can start the bleeding again.

Square: Nosebleed Plan: Lean, Pinch, Wait

Harder · 204 words · Flesch-Kincaid grade 4.9

1. Many tiny blood vessels that sit very close to the surface.
2. Slightly forward.
3. Blood can run down your throat and upset your stomach.
4. The soft part, just below the hard bone.
5. About ten minutes.
6. Releasing the pressure too soon can start the bleeding all over again.