



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:


- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.



National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

It's so important that we do it automatically - all day, all night, every day, every night. What is it? Breathing! And it couldn't happen without the respiratory system. These activities will help your students understand how the respiratory system works.

## Related KidsHealth Links

### Articles for Kids:

#### **Your Lungs & Respiratory System**

[KidsHealth.org/en/kids/lungs.html](http://KidsHealth.org/en/kids/lungs.html)

#### **Movie: Lungs & Respiratory System**

[KidsHealth.org/en/kids/rsmovie.html](http://KidsHealth.org/en/kids/rsmovie.html)

#### **Activity: The Lungs**

[KidsHealth.org/en/kids/bfs-rsactivity.html](http://KidsHealth.org/en/kids/bfs-rsactivity.html)

#### **Word Find: Respiratory System**

[KidsHealth.org/en/kids/bfs-rswordsearch.html](http://KidsHealth.org/en/kids/bfs-rswordsearch.html)

#### **Why Does My Nose Run?**

[KidsHealth.org/en/kids/nose-run.html](http://KidsHealth.org/en/kids/nose-run.html)

#### **What's a Booger?**

[KidsHealth.org/en/kids/booger.html](http://KidsHealth.org/en/kids/booger.html)

### Resources for Teachers:

#### **Asthma Special Needs Factsheet**

[KidsHealth.org/en/parents/asthma-factsheet.html](http://KidsHealth.org/en/parents/asthma-factsheet.html)

#### **Asthma and Sports Special Needs Factsheet**

[KidsHealth.org/en/parents/asthma-sports-factsheet.html](http://KidsHealth.org/en/parents/asthma-sports-factsheet.html)

#### **Exercise-Induced Asthma Special Needs Factsheet**

[KidsHealth.org/en/parents/exercise-asthma-factsheet.html](http://KidsHealth.org/en/parents/exercise-asthma-factsheet.html)

#### **Cystic Fibrosis Special Needs Factsheet**

[KidsHealth.org/en/parents/cf-factsheet.html](http://KidsHealth.org/en/parents/cf-factsheet.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. During a check-up, a doctor asks you to take a deep breath in and then let it out. What is a breath? What is breathing? Why do you need to breathe?
2. What parts of your body are used for breathing? Take a deep breath. Where did the air come in? What part of your body got bigger?
3. How do different activities, like running or swimming, affect your breathing?
4. What happens to your breathing when you sleep?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Respiratory Kids

#### Objectives:

Students will:

- Understand why we need to breathe
- Demonstrate what happens inside our lungs when we inhale and exhale

#### Materials:

- Name tags

#### Class time:

15 minutes

#### Activity:

Breathing is necessary for life. Why? Because your body needs oxygen. The respiratory system brings fresh air filled with oxygen through your nose and mouth, down your windpipe, and into your lungs. The lungs let the fresh air into your body and collect the used-up air and push it out of the body when you breathe out. Practice inhaling (breathing in) and exhaling (breathing out). Put your hands on your chest to feel what happens to your lungs and chest when you inhale and exhale.

Now it's time to turn the class into a breathing system! We're going to have three different groups: lungs, new air (or oxygen), and old air (or carbon dioxide). You'll be given a name tag with your group listed on it. Everyone in the "lungs" group will join hands to form two circles, leaving a small opening at the top of each circle. This group will practice expanding the lungs during inhalation, or breathing in, by stepping out and then stepping in during exhalation, or breathing out. The group labeled "old air" will stand outside the lungs, and the "new air" group will stand near the opening of the lungs. Then show what happens when someone takes in a deep breath. As the lungs expand, the new air will enter the circles through the openings and then move under the joined hands of the lungs to leave the lung circles. Then show what happens when someone breathes out: The old air will pass under the joined hands of the lungs and then out through the opening of the lungs.

#### Extension:

Ready to add some more body parts to the mix? Add the windpipe (or trachea), mouth, nose, and voice box (or larynx). Add a diaphragm that pushes and pulls the lungs during breathing.



## Deeper Breathing Fun

### Objectives:

Students will:

- Identify activities that affect the respiratory system
- List ways to help keep the respiratory system healthy

### Materials:

- "Deeper Breathing Fun" handout

### Class Time:

20 minutes

### Activity:

Did you know that doing fun activities, exercises and sports can make your lungs and respiratory system work harder? And being active, exercising, or playing sports for about one hour every day helps makes your respiratory system - and your whole body - as healthy as it can be. First, read this article, "Why Exercise Is Cool" ([KidsHealth.org/en/kids/work-it-out.html](http://KidsHealth.org/en/kids/work-it-out.html)), to find out how activities that make you breathe harder help your whole body. Then complete the "Deeper Breathing Fun" handout with activities you like to do.

## Reproducible Materials

### Handout: Deeper Breathing Fun

[KidsHealth.org/classroom/prekto2/body/systems/respiratory\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/body/systems/respiratory_handout1.pdf)

### Quiz: Respiratory System

[KidsHealth.org/classroom/prekto2/body/systems/respiratory\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/body/systems/respiratory_quiz.pdf)

### Quiz Answer Key: Respiratory System

[KidsHealth.org/classroom/prekto2/body/systems/respiratory\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/body/systems/respiratory_quiz_answers.pdf)



Name:

Date:

## Deeper Breathing Fun

Instructions: In each box, draw yourself doing a fun activity that can make you breathe faster than normal. Write the name of each activity on the line under each box.

A large, empty rounded rectangular box with a thick black border, intended for drawing and writing.A large, empty rounded rectangular box with a thick black border, intended for drawing and writing.A large, empty rounded rectangular box with a thick black border, intended for drawing and writing.

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

1. Which **system** helps you breathe?
  - a) Urinary
  - b) Respiratory
  - c) Transportation
  - d) Solar
  
2. How many **lungs** does a person have?
  - a) 1
  - b) 2
  - c) 3
  - d) 4
  
3. Which one of these is **good** for your lungs?
  - a) Exercising
  - b) Reading
  - c) Writing
  - d) Smoking
  
4. Which one of these **bad** for your lungs?
  - a) Exercising
  - b) Reading
  - c) Writing
  - d) Smoking
  
5. **Breathing in** and **breathing out** are also called:
  - a) Inning and outing
  - b) Inhaling and exhaling
  - c) Snorkeling and diving
  - d) Swishing and swooshing



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