

See How a Lung Works

Head Start on Heart Health Teacher Reinforcement Activities

Activity:

Making a Lung and How It Works

You will need:

White tissue paper cut into page size sheets, one for every student, and red crayons or markers. This activity is described in three steps but is to be completed in one session.

How to Make a Paper Lung (Step 1):

1. Give students a piece of tissue paper and instruct them to scribble red lines on the paper.
2. Have them fold the paper in half over and over again.
3. Unfold it and count the little “rooms” (squares or rectangles)

How to Make a Paper Lung (Step 2):

1. The paper has rooms, like a real lung. But a real lung has millions of tiny “rooms.” The tissue paper is thin, like a real lung’s walls.
2. Turn the paper over. The paper is clean like a lung’s insides.
3. Turn the paper over, scribbled red lines facing you. The red lines are like blood vessels. Blood collects oxygen from the lungs.

Making a Lung Work (Step 3):

1. Hold up the paper with the clean side facing you.
2. Blow the lung (paper) out. Listen to it “breathe.”
3. In a real lung, air pushes on the walls and air is pushing on the paper lung.
4. The air has oxygen. Imagine oxygen pushing through the paper right through the red lines on the other side (blood vessels). This is how blood collects oxygen. The oxygen pushes through the lung’s thin walls, right into the vessels.

Extensions:

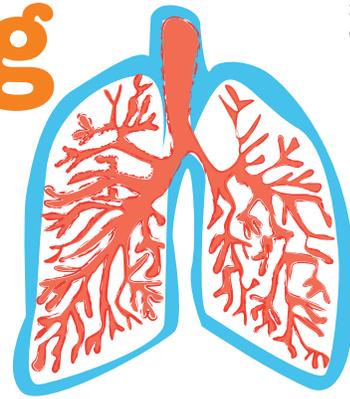
Relate this activity to charts or models of the human body showing the heart, lung, and circulatory system.

Discuss how smoking keeps the little “rooms” of the lung from letting enough oxygen pass through the lungs into the body.

References: 1. Adapted from Canada Heart and Stroke Foundation. www.heartandstroke.com

Skill Development Benchmarks:

- Locating major human body organs and describing their functions (LS-E-A5)
- Create visual representations (VA-CE-E1)...Draw on imagination, individual experience and group activities...for visual expression (VA-CE-E5)



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