

Happy vs. Sad Lungs

Children's Activity

Overview

Children will identify activities or situations that can help make their lungs healthy and activities/situations that can hurt their lungs.

Themes Met:

- #1 Lungs help us breathe
- #2 Healthy lungs help keep our bodies healthy
- #3 Lungs help us do well in school
- #4 We use lungs to do healthy activities
- #5 Breathing helps us manage our feelings

Supplies

Happy Lung and Sad Lung Templates (appendix A4-A5) 1 each per group

Activity Pictures (appendix A6-A7) 1 set per group

Tape

Extensions/ Adaptations:

This activity could be done in small groups instead of with the full class.

Before You Begin

Make one copy per group of the Happy Lung and Sad Lung Templates and one set per group of the Activity Pictures. Cut out the Activity Pictures.

Steps

Pre-Activity Discussion: Discuss with children the importance of having healthy lungs (they help us breathe so that we can do fun activities like playing, running, singing, blowing, etc). Explain that what we do and what we breathe can help or hurt our lungs.

1. Help children think of a short list of activities that they think would be good for our lungs and discuss why they chose those activities (running, playing, dancing, singing, blowing, deep breathing, jumping, swimming, riding a bike, washing our hands, going to the doctor for check ups, eating healthy foods like fruits and vegetables).
2. Repeat with a short list of activities that would be bad for our lungs and why (smoking, really cold air, getting sick, air pollution/dirty air). Tell children that they need to take good care of their lungs every day because they have to keep working for the rest of their life.
3. Hang up the Happy Lung Template and the Sad Lung Template.
4. Select one card and ask children to predict if they think it is showing something that can help or hurt their lungs. Discuss what the picture is and how it hurts or helps their lungs. If the activity helps the lungs, tape it to the happy lung template. If the activity hurts the lungs, tape it to the sad lung template.
5. Count how many cards are on each lung template. Compare which lung template has more activities taped to it.

Head Start Domains & Goals:

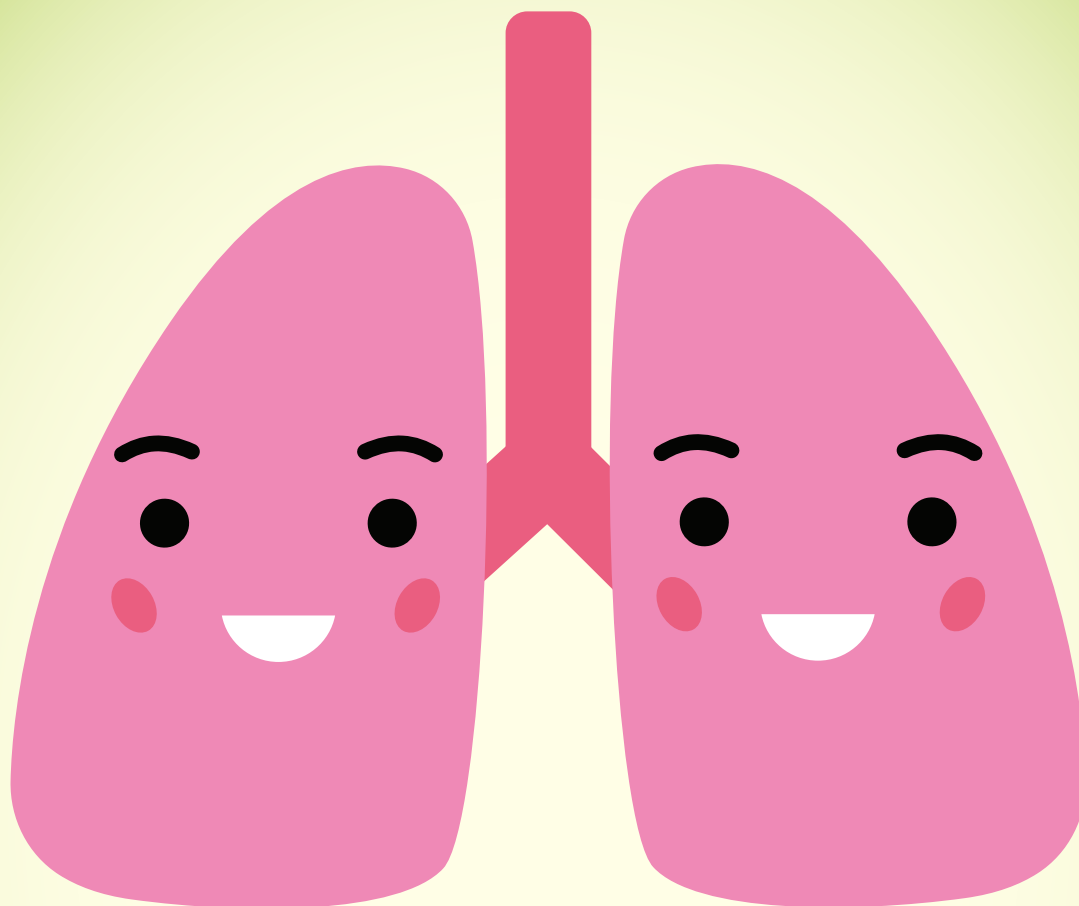
P-PMP 4, 5
P-MATH 1, 2, 3, 4
P-SCI 3, 5
P-LC 1, 2, 6, 7
P-ATL 8, 11

HighScope Curriculum Content:

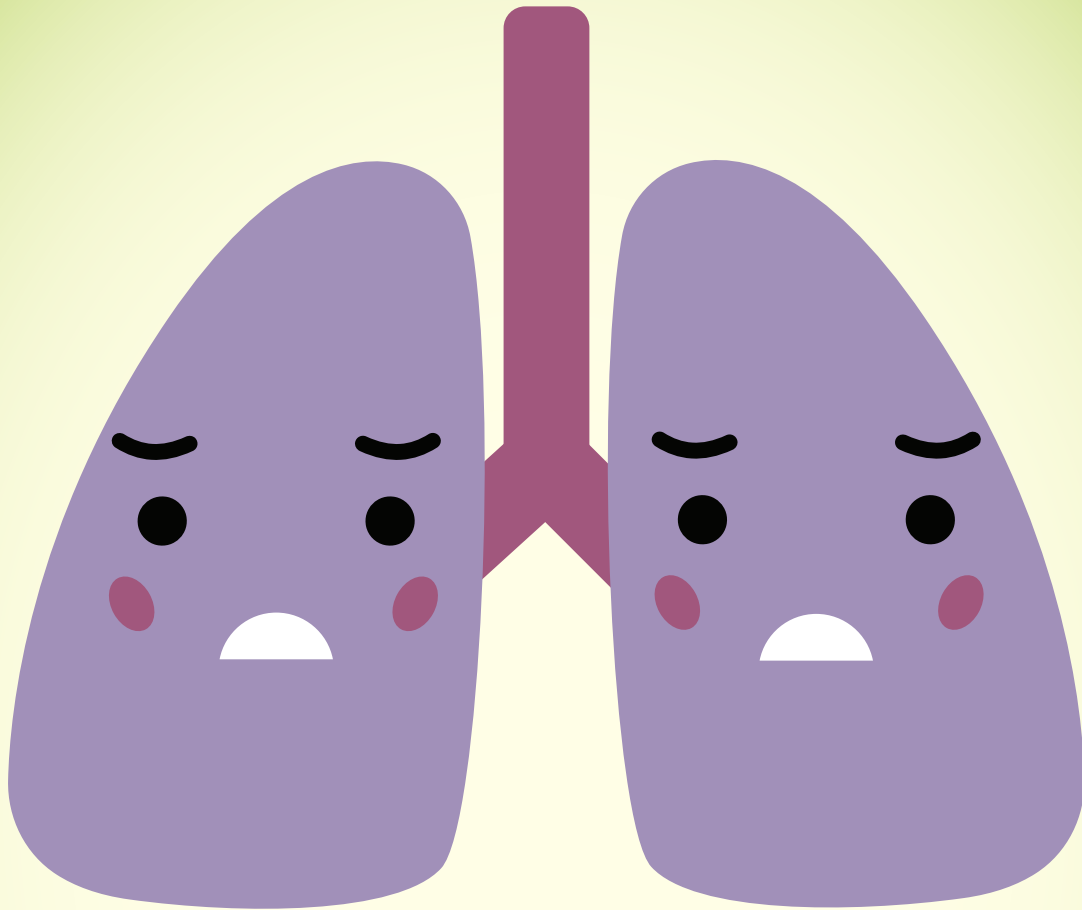
1, 3, 5, 19, 20, 21, 23, 32, 46, 48, 51, 58



HAPPY LUNGS



SAD LUNGS



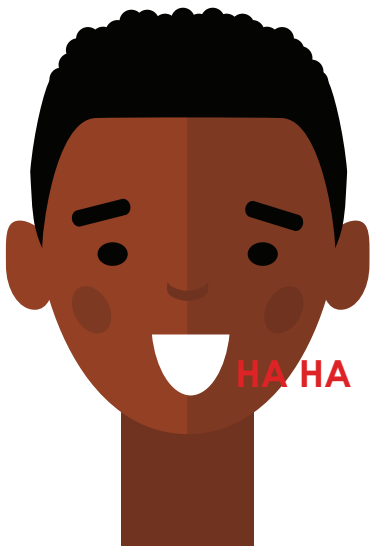
Pollution



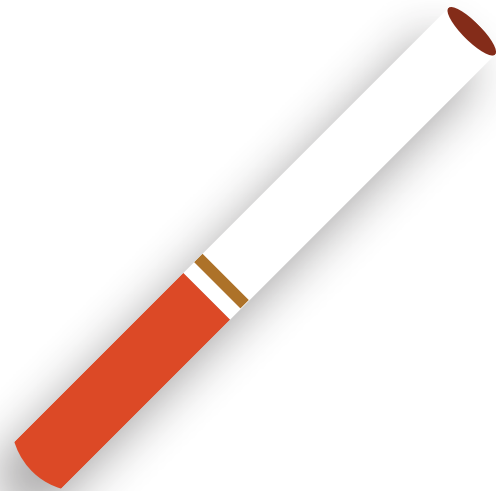
Running



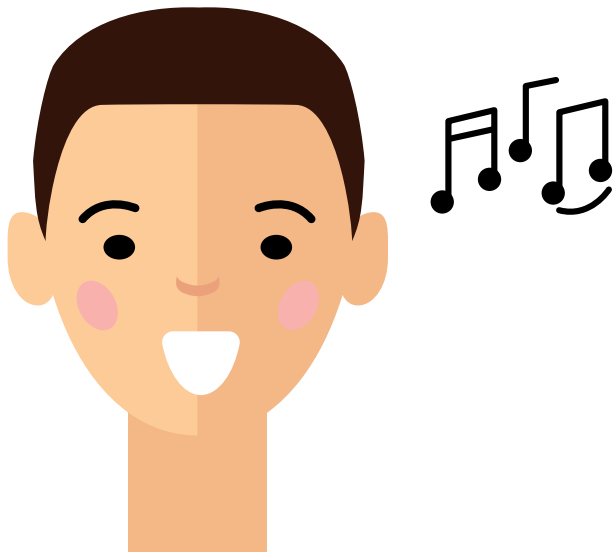
Laughing



Smoking



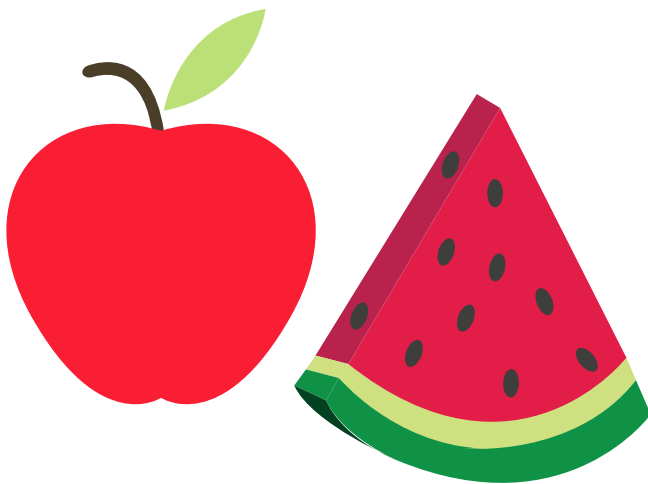
Singing



Being sick



Eating healthy foods



Riding a bike

