

How We Breathe

Children's Activity

Overview

Children will learn the key parts of the respiratory system and explore breathing through their mouth and nose.

Themes Met:

- #1 Lungs help us breathe
- #2 Healthy lungs help keep our bodies healthy

Supplies

Respiratory System Diagram (appendix A1)

Color by Number Worksheet (appendix A2)

Crayons or colored pencils (red, orange, blue, yellow, pink, brown, and black)

Extensions/ Adaptations:

These could be hung on a bulletin board with pictures of children using their lungs. These could be included in a book along with the children's creations from other lessons such as 1. Kids Activity Pyramid, 2. I Use My Lungs To..., 3. BR Words, and 4. AIR Words.

Before You Begin

Make copies of the Color by Number Worksheet.

Steps

Pre-Activity Discussion: Showing children the Respiratory System Diagram, identify the basic parts: nose, mouth, throat, and lungs. Have children touch their nose, mouth, throat, and put their hands on their rib cage. Tell children their ribs are bones that protect their lungs which are inside the body. Have children place their hands on their chests while breathing. Ask children to describe what happens to their lungs when they breathe in and out. Explain that our lungs are an important part of our body and we need to keep them healthy. Then, have children breathe through their nose by covering their mouth with their hand. Next, have children pinch their nose and breathe in and out through their mouth. Point out how the chest rises when they breathe in and falls when they breathe out.

1. Teach children the song "Breathe, Breathe, In and Out" (to the tune of Row, Row, Row Your Boat) and sing it together aloud:

Breathe, breathe
In and out
Taking in clean air
Through the nose
To fill the lung
And out the mouth
Exhale!

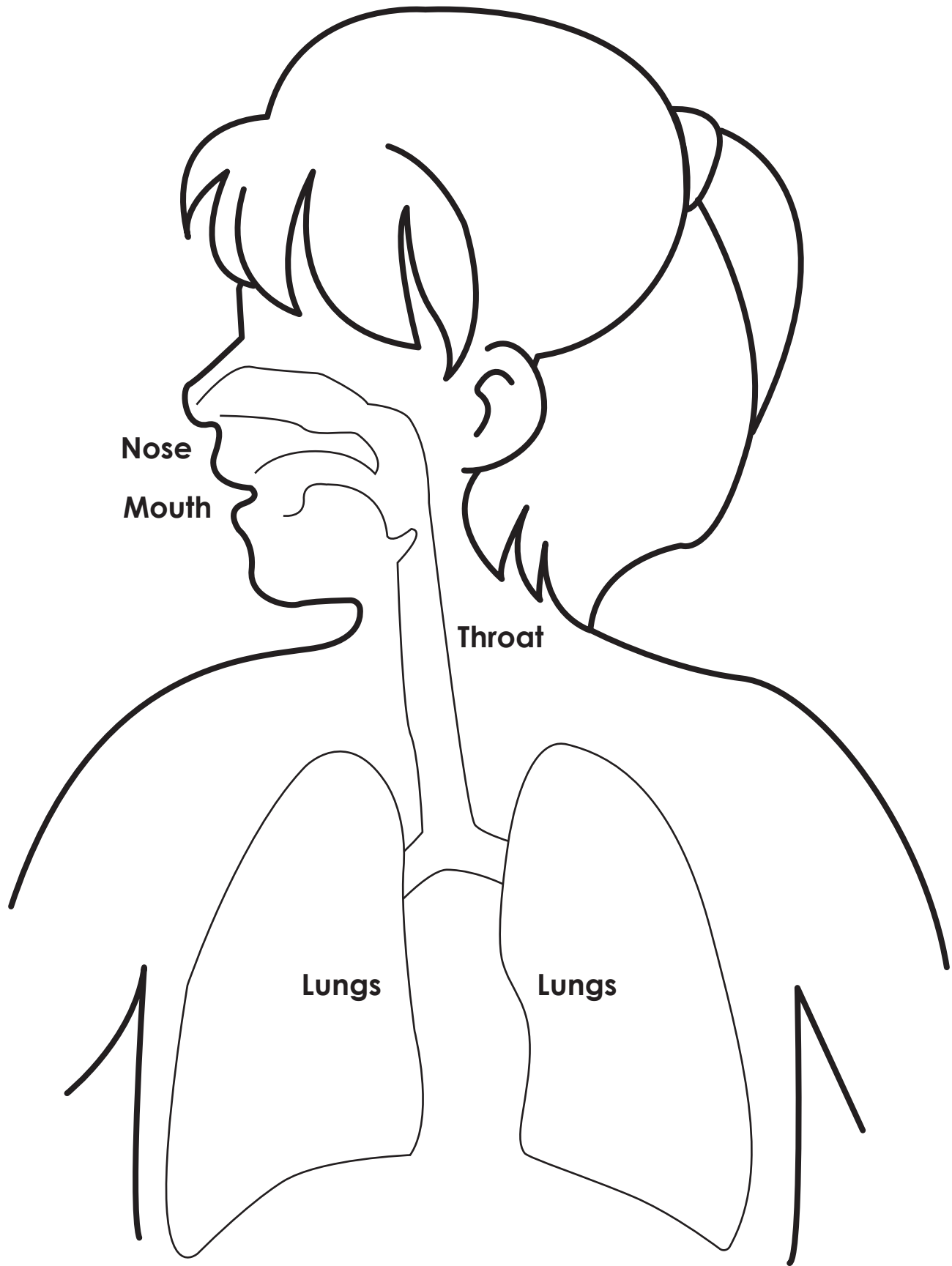
2. Give each child a Color by Number Worksheet and crayons or colored pencils.
3. Have children color in the different parts of the respiratory system using the color code on the worksheet (i.e. color the nose #1 orange, color the mouth #2 red, etc).
4. Have children color the picture's hair the same color as their hair.
5. Have children write their name on their paper.

Head Start Domains & Goals:

P-PMP 3
P-MATH 1, 7
P-SCI 1, 3, 5, 6
P-LC 1, 6, 7
P-LIT 6
P-SE 9, 10
P-ATL 3, 6, 7, 8, 11

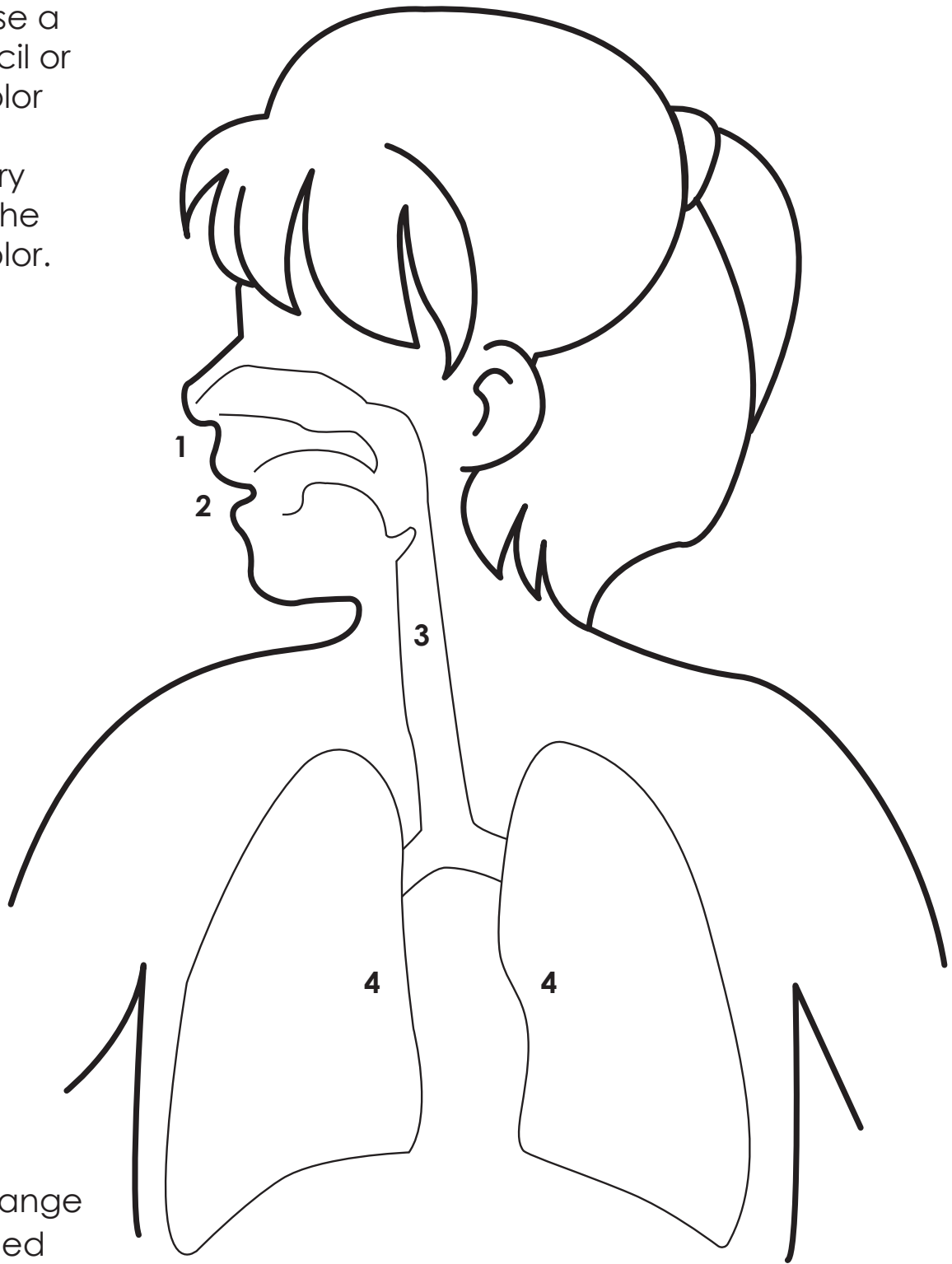
HighScope Curriculum Content:

1, 2, 3, 5, 6, 7, 8, 17, 21, 22, 23, 29, 31, 38,
40, 45, 46, 47, 50, 51



NAME _____

Directions: Use a colored pencil or crayon to color each part of the respiratory system with the indicated color.



1 (Nose) - Orange

2 (Mouth) - Red

3 (Trachea)- Blue

4 (Lungs)- Pink

Color the hair the same color as your hair!