

# I Use My Lungs To...

## Children's Activity

### Overview

Children will review how lungs help them to do important things.

#### 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

### Supplies

"I Use My Lungs To..." worksheet (appendix A3)

Markers

#### Extensions/ Adaptations:

This could make a good bulletin board display of pictures of children doing activities using their lungs. Put the child's name under how they say they use their lungs. If a child cannot write, write their words on the white paper for them, and have them glue onto the lung.

### Before You Begin

Make copies of the "I Use My Lungs To..." worksheet.

# Steps

**Pre-Activity Discussion:** Remind children what lungs help us do (breathe, laugh, talk, sing, walk, run, play, blow, etc). It is important to take care of our lungs so that we can do all of these things. Specifically discuss that healthy lungs help us to do activities like playing, running, and walking that can help us keep our bodies healthy. Ask how we can keep our lungs healthy (physical activity, eating healthy foods, breathing clean air). When we do healthy activities our bodies are healthy and that helps us to do better in school and to learn more.

1. Have each child tell you what they use their lungs to do. Write their answers down for them on the "I Use My Lungs To..." worksheet.
2. Have children share with the class the most important things they can use their lungs to do.

## Head Start Domains & Goals:

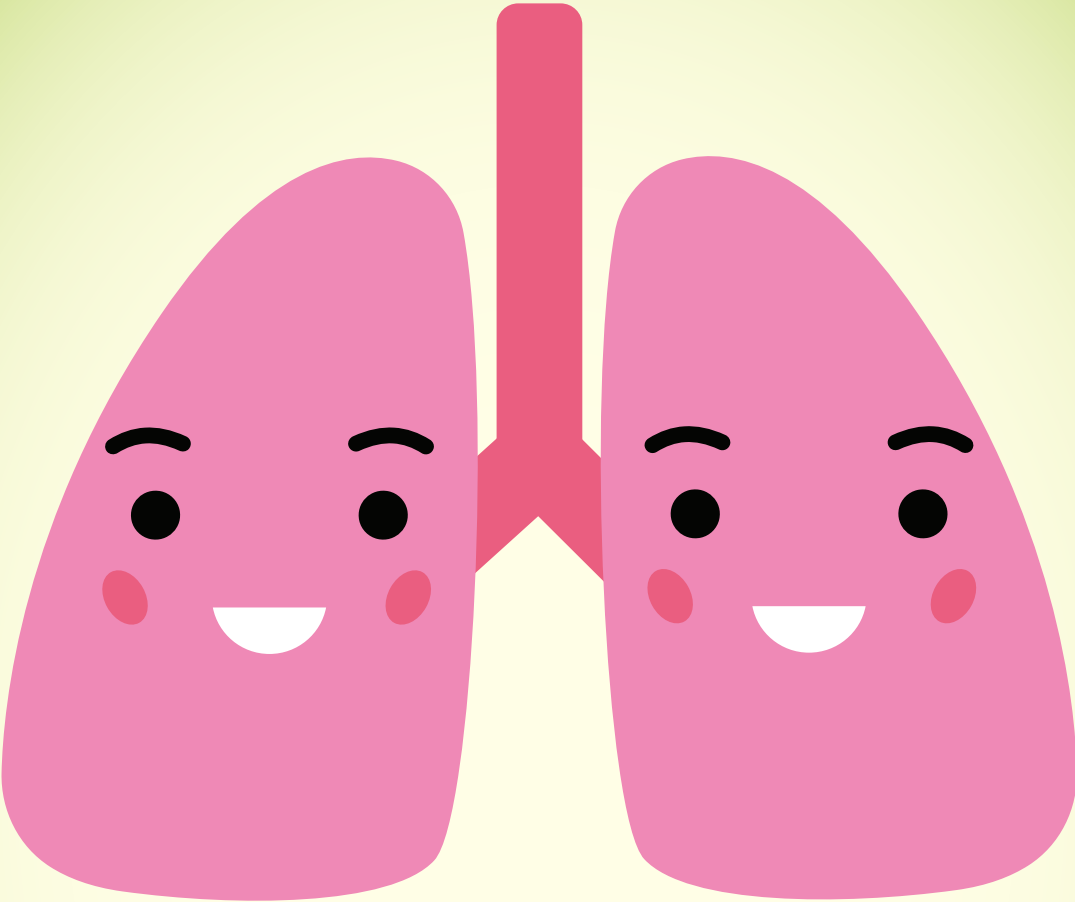
P-PMP 3, 4  
P-LC 5, 6  
P-LIT 3, 6  
P-SE 3, 9, 11  
P-ATL 3, 6, 7, 8, 11

## HighScope Curriculum Content:

3, 11, 17, 18, 20, 21, 22, 23, 24, 29,  
40, 50



# I USE MY LUNGS TO...



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_