

Keeping Lungs Healthy

Children's Activity

Overview

Paper chains are a great way to inspire creativity and spark discussion. Children will learn about their lungs and ways to keep their lungs healthy, as they build a chain of healthy habits.

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

Paper Chain Links (appendix A11)

Glue sticks or tape

Extensions/ Adaptations:

Each child can work in small groups to make a chain. These chains can then be attached to form one long chain if desired. By asking children the shape on the link and then the shape once it's glued, this lesson could be extended to a discussion on shapes. Children can identify the colors in their chain.

Before You Begin

Copy the Paper Chain Links. There are 10 healthy habit links per sheet - make enough copies so that every child has a healthy habit. Cut each link along the dotted lines. Older children may be able to do this as part of the activity.

Steps

Pre-Activity Discussion: Our lungs are important organs in our body that help us breathe. Have children put their hands on the sides of their ribs and take a deep breath in. Ask what happened to their hands. What they are feeling is their lungs expanding or getting bigger when they breathe in.

Our lungs bring oxygen into our bodies when we breathe in. The lungs get rid of used oxygen (called carbon dioxide) when we breathe out. The body needs oxygen to live and grow. In just one day, a healthy person breathes nearly 25,000 times. When our lungs are healthy we can live healthy lives, play with our friends, and do better in school.

1. Give each child a healthy habits link.
2. Start the chain by taking the strip of paper that says, "We keep our lungs," and curl around so the two length ends meet. Glue one end to the other and hold for several seconds until fairly dry (tape could also be used). As a group, count how many links are in the chain (1 link).
3. Feed the strip of paper that says, "healthy by..." through the middle of your first chain link. Curl around so the two ends meet and glue as done in step 2. As a group, count how many links are in the chain (2 links).
4. Continue to build your chain by adding one link at a time to the end of the chain. Have children say aloud what their healthy habit link is. After each link is added, count aloud as a group how many links are in the chain.
5. Repeat until all healthy habit links are attached together.
6. As a group, count the number of links in the chain.
7. Hang your finished healthy habits paper chain and remind children how and why they need to keep their lungs healthy.



Head Start Domains & Goals:

P-PMP 1, 2, 3, 4
P-MATH 1, 2, 3, 6, 9, 10
P-SCI 1
P-LC 1, 2, 6, 7
P-SE 3, 10, 11
P-ATL 3, 7, 8, 11, 13

HighScope Curriculum Content:

3, 5, 8, 16, 17, 18, 19, 20, 21, 23, 32, 34, 40, 42

Not smoking	Breathing clean air
Glue Here	Glue Here

	Taking deep breaths	Glue Here
	Singing everyday	Glue Here
	Running, jumping, and playing	Glue Here
	Getting check-ups at the doctor	Glue Here
	Washing hands to keep germs away	Glue Here
	Helping keep the classroom & home clean	Glue Here
	Eating lots of fruits and vegetables	Glue Here
	Covering nose & mouth when we sneeze & cough	Glue Here
	We keep our lungs	Glue Here
	healthy by...	Glue Here