

# Paper Bag Lungs

## Children's Activity

### Overview

Children will simulate how lungs work when breathing by creating a paper bag model.

#### 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

Tape

Small paper bags (brown lunch bags) - 2 per model

Drinking Straws - 2 per model

Lung Template (appendix A8)

#### Extensions/ Adaptations:

Children can draw pictures on their lungs of activities they enjoy doing with their lungs (riding a bike, running, playing outside, etc). Rather than having each child make their own model, one model can be made for the class and shown.

### Before You Begin

Copy the Lung Template on pink paper and cut along the outside lines. You will need 1 per model.

# Steps

**Pre-Activity Discussion:** Have children place their hands on their ribs and take a deep breath in and out. Observe what happens to their hands (as you breath in, lungs expand and hands move out, reversed when breathing out). Review how we breathe - we take air into our bodies through our nose and mouth and then it goes down our throat into our lungs. Review why breathing in clean air is important (helps keep our bodies healthy, helps us calm down, helps us do better in school, helps us do fun activities like playing, running, jumping, etc).

1. Partner children or place in small groups. Ask children to discuss when they use their lungs (breathing, blowing, playing, running, singing, etc).
2. Review ways to take care of lungs such as breathing in clean air, taking deep breaths, eating healthy foods, washing hands to prevent germs spreading, covering our mouth and nose when we cough and sneeze, etc.
3. Give each child 2 brown bags, 2 straws, and a cut out lung template.
4. With help, have children place about 2" of straw inside each bag. Twist the bag top around each straw. Secure with tape, making sure to seal all the way around the straw to prevent air from escaping.
5. Place a piece of tape around the two straws to keep them together, making it easier to blow into them at the same time.
6. Tape or glue the lung template to the paper bags with the top of the template (trachea) being taped to the straws.
7. Have children blow through their straws into the bags. Do not allow children to share straws. Discuss what is happening (as air goes in the lungs, they get bigger).
8. Have children gently push on the bags to deflate them. Discuss what is happening (when they push on the lungs, they get smaller because the air leaves the lungs and we breathe out).



## HighScope Curriculum Content:

3, 5, 6, 8, 17, 18, 19, 20, 21, 22, 40, 45, 47, 49, 50, 51

## Head Start Domains & Goals:

P-PMP 2, 3, 4  
P-SCI 1, 3, 5  
P-LC 1  
P-SE 3, 10  
P-ATL 7, 8, 11

