



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Take a deep breath, feel your chest bulge, and exhale. That's your body's respiratory system in action! These activities will help your students understand the parts of the respiratory system and their functions.

Related KidsHealth Links

Articles for Kids:

Your Lungs & Respiratory System

KidsHealth.org/en/kids/lungs.html

Movie: Lungs & Respiratory System

KidsHealth.org/en/kids/rsmovie.html

Activity: The Lungs

KidsHealth.org/en/kids/bfs-rsactivity.html

Word Find: Respiratory System

KidsHealth.org/en/kids/bfs-rswordsearch.html

Quiz: Lungs & Respiratory System

KidsHealth.org/en/kids/rsquiz.html

When Sinuses Attack!

KidsHealth.org/en/kids/sinuses.html

Why Does My Nose Run?

KidsHealth.org/en/kids/nose-run.html

What's a Booger?

KidsHealth.org/en/kids/booger.html

Resources for Teachers:

Asthma Special Needs Factsheet

KidsHealth.org/en/parents/asthma-factsheet.html

Asthma and Sports Special Needs Factsheet

KidsHealth.org/en/parents/asthma-sports-factsheet.html

Exercise-Induced Asthma Special Needs Factsheet

KidsHealth.org/en/parents/exercise-asthma-factsheet.html

Cystic Fibrosis Special Needs Factsheet

KidsHealth.org/en/parents/cf-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What is breathing? Why is it important for your body?
2. What are the body parts that help you breathe? Describe the role each part plays in helping your respiratory system do its job.
3. What can affect how well the respiratory system works? What can you do to keep your respiratory system healthy?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Respiratory Relay

Objectives:

Students will:

- Identify and describe the parts of the respiratory system
- Demonstrate knowledge of the paths that oxygen and carbon dioxide take during inhalation and exhalation

Materials:

- Computer with Internet access
- Balls (other item to toss and catch)
- "Respiratory Relay" handout

Class Time:

45 minutes

Activity:

[Note to instructor: Organize students into groups of 6, sitting in a circle on the floor or at tables. Shuffle the **Respiratory Relay** cards, and give one to each student.] First, we're going to check out KidsHealth.org for information on how the respiratory system and lungs work. You can make notes on the back of your card, especially about the part of the respiratory system on the front of the card. Then, going around the circle, each person will read the card and describe where that body part fits into the respiratory system. Then, toss the ball from person to person to match the order that oxygen would travel inside the body as we inhale, starting with the trachea, or windpipe. As each person gets the ball, he or she needs to say the body part on his or her card and the body part that comes next. [Do this a few times, then collect the cards, and reshuffle and redistribute for each group, and repeat the process.] What happens to the order of the toss if we are exhaling? [After some practice, turn on room lights for inhaling, turn off lights for exhaling.] Can your group keep your ball in the air, in the right order, for 1 minute? How many "breaths," inhaling and exhaling, can your group take in 1 minute?

Extension:

Create riddles for classmates to answer for each part of the respiratory system. For example: "I protect the lungs. I'm made up of sets of 12. I'm connected to the spine. What am I?" Answer: "The rib cage."



Take a Breath! Board Game

Objective:

Students will:

- Explain and describe the respiratory system, including all the body parts associated with inhaling and exhaling

Materials:

- Computer with Internet access
- Pencils or pens
- "Take a Deep Breath! Board Game" handout, "Breath Cards" handout
- Dice

Class Time:

1 to 2 hours

Activity:

[Note to instructor: Organize students into small groups; 2 to 4 works best.]

It's time to play **Take a Breath! Board Game**. But first, your group has to get ready by creating a set of 20 **Breath Cards**. Check out the KidsHealth.org articles to learn about the parts of the respiratory system that help you inhale and exhale, including your lungs, trachea, bronchi, bronchioles, alveoli, capillaries, diaphragm, and rib cage. Create a set of **Breath Cards** with a question about the respiratory system on the front of each card. There should be 20 questions per game. Be sure to include the answers on the back. (For example: "What keeps mucus and dirt out of your lungs?" Answer: "Cilia.") When all the **Breath Cards** are ready, place them - answer-side down - next to the game board and play **Take a Breath!**

Reproducible Materials

Handout: Respiratory Relay

KidsHealth.org/classroom/3to5/body/systems/respiratory_handout1.pdf

Handout: Breath Cards







KidsHealth.org/classroom/3to5/body/systems/respiratory_handout2.pdf

Handout: Take a Breath! Board Game

KidsHealth.org/classroom/3to5/body/systems/respiratory_handout3.pdf



Note to instructor: Print enough copies of this page so you'll have a page of cards for each group of 6 students. Then, cut out the cards and give 1 to each student.

RESPIRATORY RELAY	RESPIRATORY RELAY	RESPIRATORY RELAY
<p>Trachea</p> 	<p>Bronchioles</p> 	<p>Bronchi</p> 
RESPIRATORY RELAY	RESPIRATORY RELAY	RESPIRATORY RELAY
<p>Alveoli</p> 	<p>Capillaries</p> 	<p>Bloodstream</p> 



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Instructions: Print enough copies of this page so you'll have 20 cards for each group of students playing the *Take a Deep Breath! Board Game*. Cut out the cards, and write a question about the respiratory system on the front of each card. On the back, write the answer.

	Breath card		Breath card		Breath card		Breath card
	Breath card		Breath card		Breath card		Breath card



Take a Deep Breath! Board Game

Instructions: Roll the die and move that number of spaces, using a coin, paper clip, or other small item to mark your spot. Follow the directions on the game board. If you land on *Breathe!*, pick a Breath card. A correct answer moves you forward 1 space. If you land on *Take a deep breath!*, pick a Breath card. A correct answer moves you forward 2 spaces. If you land on *Exercise!*, you get to roll again after doing 5 jumping jacks! If you land on or roll past *Finish*, you must answer a Breath card correctly to win the game.

