

Lungs

Color:

Pink (if they are healthy and strong).
Smokers lungs can be other colors, such as grey.

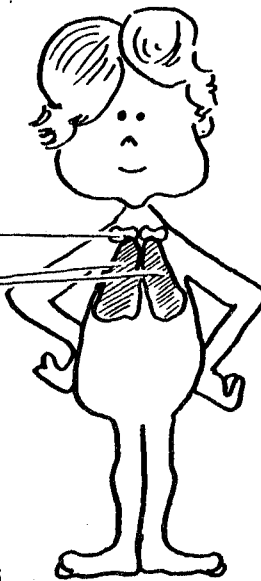
Shape & Size:

Two large, slightly cone-shaped organs made of spongy tissue which stretch against the ribs. An adult male's lung weighs about three pounds.

Location:

Behind the collarbone and underneath the ribs. The heart lies in the cardiac notch between them.

COLLAR BONE
LUNGS

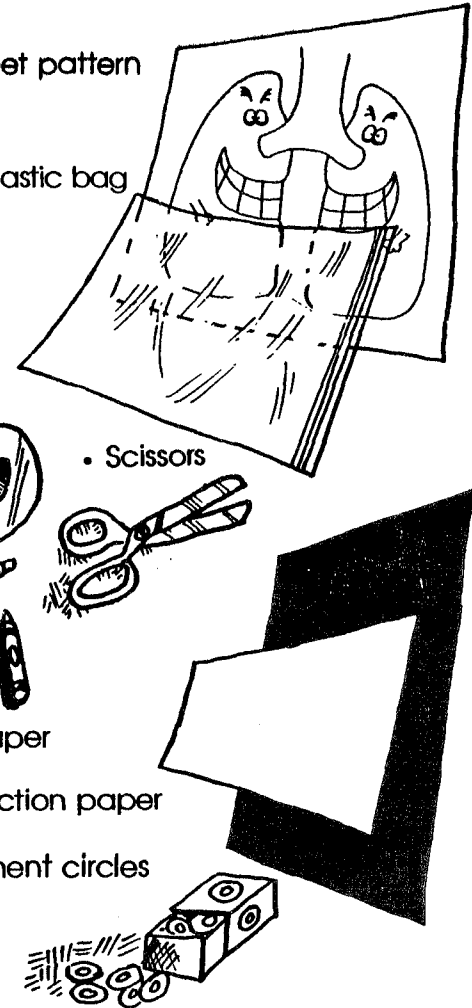


Function:

The lungs inhale (take in) oxygen and the heart pumps blood to the lungs where it picks up oxygen. Waste gases are left behind which the lungs exhale (breathe out).

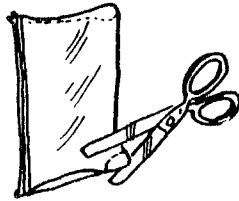
Materials Per Child

- Lung puppet pattern
- Storage-size self-sealing plastic bag
- Transparent tape
- Scissors
- Crayons
- Half sheet of typing paper
- Sheet of black construction paper
- White page reinforcement circles (optional)



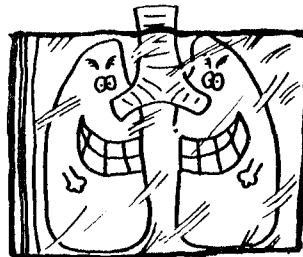
Get Ready, Get Set...

1. Photocopy the puppet pattern.
2. Fold the self-sealing bags in half from the bottom of the bag to the sealing line. Then cut a notch in the lower right hand corner, leaving a hole about the size of a half dollar. (See diagram.)

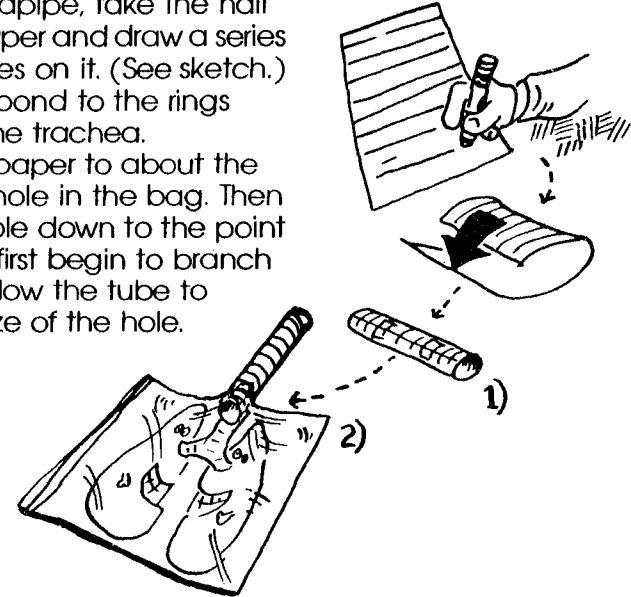


Here We Go

1. Show a picture or model of the lungs and discuss how they work.
2. Hand out the lungs puppet and crayons. Have the youngsters color the puppet and then cut it out with the scissors. (Make sure they keep the lungs in one piece.)
3. Open the plastic bag and slide the lung puppet inside so the windpipe portion of the puppet sticks out of the hole. Seal the bag.

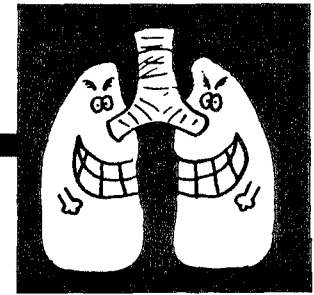


4. To make the windpipe, take the half sheet of white paper and draw a series of horizontal stripes on it. (See sketch.) The stripes correspond to the rings of cartilage on the trachea. Now, roll up the paper to about the diameter of the hole in the bag. Then place it in the hole down to the point where the lungs first begin to branch out. Be sure to allow the tube to expand to the size of the hole.



5. Tape the tube 1) together and then 2) securely to the bag. Make it as airtight as possible.

NOTE: The tube must be placed in FRONT of the pattern so anything dropped into the lungs lands in FRONT of them.



Lungs

- Let the youngsters have some fun as they try out their lung power. Tell them to blow directly down the windpipe (but not wrap their lips around the paper tube so it gets soggy).

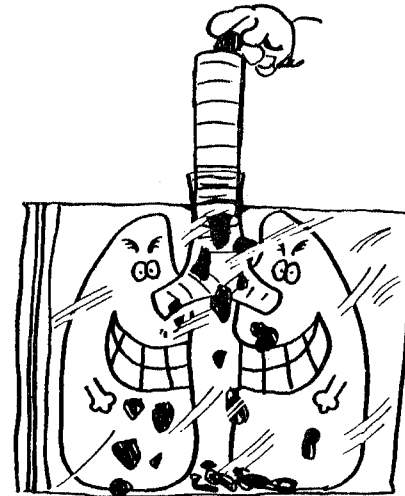


- Ask them to practice inhaling and exhaling. Have them watch each other as they huff and puff. If they are breathing correctly, Al and Veoli should be blowin' in the breeze.

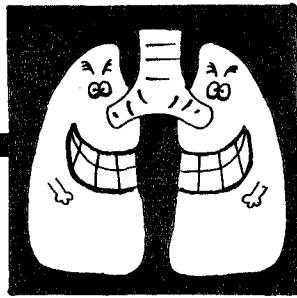


What Happens When You Smoke?

- Shred black construction paper into small pieces to simulate tar and nicotine. Then the children should drop their poisons down the tube, a few at a time.



- As they drop in those poisons, cover the concept of the accumulation of poisons. The more one smokes, the more the lungs are filled with impurities, leaving less room for much-needed oxygen.



3. Youngsters (and even "big youngsters") don't often realize that smoking affects more than just the lungs. (This will be graphically illustrated in the heart puppet activities later in the book.)

4. Ask the children what will happen if the lungs can't get nice, fresh oxygen. Mention athletic performance and how that can be affected by lack of enough oxygen.

