

Objective

By the end of this lesson, the student will be able to identify the main organs in the respiratory system and understand how they work together to help us breathe.

Materials and Prep

- Paper and colored pencils or crayons
- Access to a comfortable space for activities
- Basic knowledge of the human body (optional, but helpful)

Activities

• Draw the Respiratory System

Using paper and colored pencils or crayons, the student will draw the main organs of the respiratory system, including the nose, trachea, lungs, and diaphragm. This will help them visualize where each part is located in the body.

• Breathe Like a Balloon

The student will take a deep breath and then exhale slowly, imagining they are a balloon filling up with air and then letting it out. This activity will help them understand how the lungs work.

• Respiratory System Relay

The student will create a simple relay race where they pretend to be air traveling through the respiratory system. They can start at the nose, go down the trachea, and finish at the lungs. This fun activity will reinforce how air moves through the body.

Talking Points

- "The respiratory system helps us breathe! Can you tell me why breathing is important?"
- "The main organs in the respiratory system are the nose, trachea, lungs, and diaphragm. Can you point to where they are on your drawing?"
- "When we breathe in, our lungs fill with air, just like a balloon! What happens when we breathe out?"
- "The diaphragm is a muscle that helps us breathe. Can you feel your diaphragm when you take a deep breath?"
- "Air travels through the nose, down the trachea, and into the lungs. Can you pretend to be air and show me how you would move?"
- "Did you know that our body needs oxygen to live? Where do you think we get oxygen from?"
- "We breathe in oxygen and breathe out carbon dioxide. What do you think happens to the oxygen after we breathe it in?"
- "Taking deep breaths can help us relax. How do you feel after taking a few deep breaths?"