

Body Parts

Summary

Date	Total duration
Subject	In this lesson plan you can learn how to make a lung model that demonstrates how the respiratory system works. By following the step-by-step instructions provided, children can create a functioning lung model that shows how air moves in and out of the lungs. This interactive activity can help children learn about the importance of lungs in our bodies.
Year Group or Grade Level	4-6 years old
Main topic	<ul style="list-style-type: none">The main topic of the lesson plan is to introduce preschoolers to body parts and particularly lungs and how they function.
Subtopics or Key concepts	<ul style="list-style-type: none">The subtopics of the lesson plan include the basic structure and function of lungs. How air moves in and out of the lungs and the importance of lungs for our bodies


Learning Objectives

- To understand the basic structure and function of lungs.
- To learn how air moves in and out of the lungs.
- To appreciate the importance of breathing for our bodies.

Material needed

- Large plastic bottle (x2)
- Straws
- Balloons
- Scissors
- Tape
- Modeling clay

Lesson Outline

	Duration	Guide	Remarks
	10 minutes	<p>1. Introduction (10 minutes)</p> <ul style="list-style-type: none"> • Gather the children together and introduce the topic of lungs. • Ask the children what they know about lungs and breathing. • Explain that lungs are an important part of our respiratory system that help us breathe. 	
main activity	30 minutes	<p>1. Lung Model Construction</p> <ul style="list-style-type: none"> • Instruct the children to follow the step-by-step instructions provided to create their own lung models. • Assist children as needed and encourage them to work together in pairs or small groups. • After the models are complete, have the children test them by blowing into the straws and observing how the balloons inside the bottles inflate and deflate. 	<p>Cut the bottom of a plastic bottle about 2,5 cm from the end. It's recommended that an adult help with this task due to the sharpness of the scissors. Insert two straws with two balloons into the bottle. Make sure the balloons are stuck on the straw and the two straws are stuck together with tape. Make sure there is no air coming out of the bottle's opening. Secure it in place with tape or plasticine if necessary. Tie a knot at the end of another balloon and cut it horizontally in half. Take the balloon half with the knot and stretch the open end over the bottle's bottom, securing it with tape if needed. Gently pull down on the balloon from the knot, allowing air to enter the balloons in your lung model. Release the balloon with the knot and observe as air is expelled from the lung model.</p>

	10 minutes	<p>1. Discussion (10 minutes)</p> <ul style="list-style-type: none"> Ask the children to share their observations and what they learned about how air moves in and out of the lungs. Discuss the importance of breathing for our bodies and how lungs help us to breathe in oxygen and exhale carbon dioxide. 	Ask them questions about what they find, such as "What do you notice about this model?" or "How does it work?"
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Assessment exercise

assessment	05 minutes	Discussion with children	Place your hand on your stomach. What do you notice? When you breathe in what do you feel? Does your stomach expand when you breathe in? Why do you think this happens?
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Conclusions and recommendations

Extention (10minutes)

To further your exploration, you can construct a similar model that represents both lungs. To create this model, you will need to use two straws and two plastic bags. You will need to create an upside-down Y-shaped trachea using straws that have been taped together to ensure they are airtight. Plastic bags should be taped to the ends of each straw in the Y shape. Finally, ask children to blow into the straw to see both lungs inflate!

Conclusion (5 minutes)

Summarize the key points of the lesson and emphasize the importance of taking care of our lungs by breathing fresh air and avoiding smoking



- CT Science Center's article on making a lung model
- Visual aids such as diagrams of the respiratory system