

Station 7 – Lungs

Start Here

You are now in the lungs. You are here in the body.

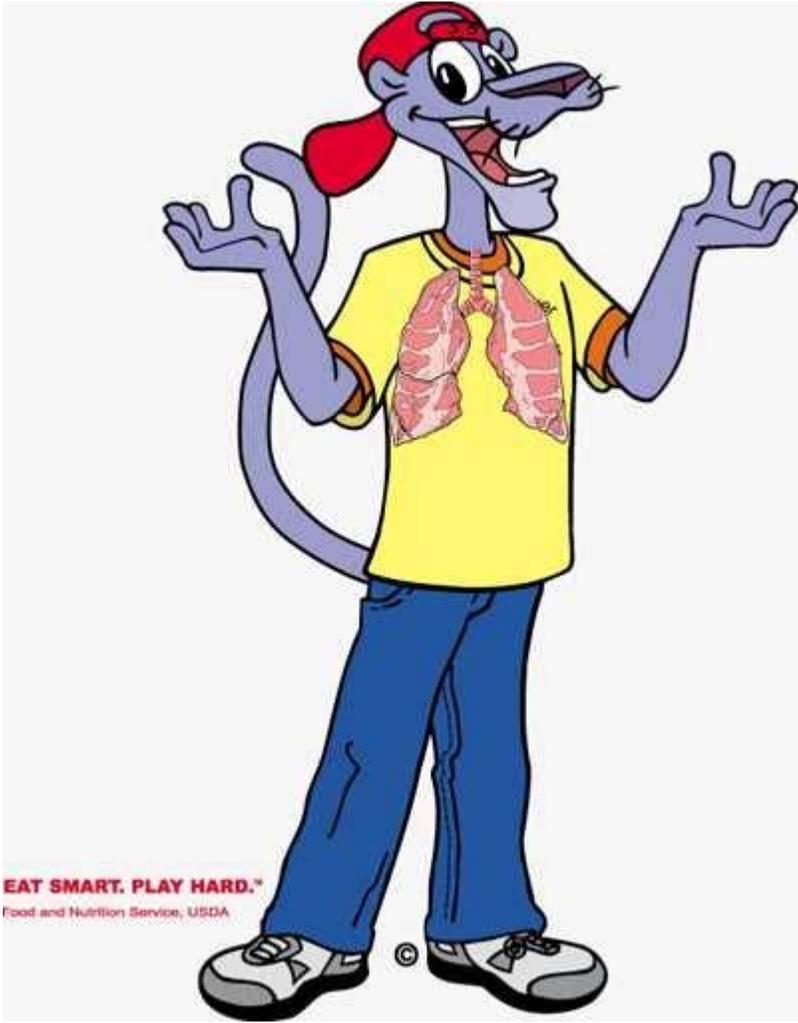
(Point to lungs poster or flipbook.)

Where are your lungs located in your body?

Upper chest

Put your hands over your lungs. Lungs take the oxygen from the air you breathe and pass it to the blood so it can go to all parts of your body. We get new oxygen from the air each time we breathe IN. And we get rid of waste gas (carbon dioxide) each time we breathe OUT.

You just learned in the heart that the heart beats faster when you exercise. You breathe faster too. When you breathe faster, your lungs work harder. Playing hard helps keep your lungs healthy just like it keeps your heart healthy. Healthy lungs help you breathe faster and better.



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Let's see what a healthy lung should look like.
(Show healthy lung.)

What color are your lungs?
pink- like your tongue

How can you keep your lungs pink?
Don't smoke!



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What happens to your lungs when you smoke? Lungs turn dark gray from tars and nicotine in the smoke.

Smoking can cause lung disease and you aren't able to breathe as well.

(Point to picture - lung of someone who smokes.)



Is it harmful to be around other people who are smoking?

Yes, smoke from someone else's cigarette, cigar, or pipe is called second-hand smoke.

It can affect or hurt people that don't smoke. Tobacco smoke contains hundreds of poisons that circulate in the air.

These can be inhaled by anyone nearby.



Emphysema is a lung disease that is caused by smoking. Emphysema makes it almost impossible to breathe. The disease puts holes in the lungs, making breathing like trying to blow up a balloon with holes in it. *(Give each student a small straw. Instruct them to put the straw in their mouth, but don't chew on it. Have students pinch their nostrils together with one hand and breathe through the straw in their mouth as long as they can.)*

This is what breathing would be like if you had emphysema. Do you think you could live a normal life if you had emphysema? No
You couldn't even ride your bike, skateboard or run. *(Ask students to put straws in wastebasket.)*



The air you breathe is often polluted with smoke, germs and dirt. Your lungs try to clean up as much of the air as they can when you breathe in.

Here are some things you can do to keep your lungs healthy.

- Don't smoke
- Ask others not to smoke around you
- Carpool (explain)
- Stay away from air pollution

The next body part you're going to visit is the bones!

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