



Healthy Lungs

More Practice With Stop and Think

3 Cs

- ☞ I care about myself.
- I care about others.
- I care about community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.

Preparation

Materials

- Paper lungs (see page 109)
- Optional video, "The Huffless Puffless Dragon," is available for viewing on YouTube and other internet media sources.
- Many other materials are available from the American Cancer Society or your local health department.

Vocabulary

breath	cigarette	addiction
lungs	polluted air	

Lesson at a Glance

Introduction

1. Lung Information

Strategy

2. Healthy and Unhealthy Lungs
3. Cigarettes and Lungs
4. Healthy Things To Do Instead Of Smoking.

Conclusion

5. Play a Game

Core Curriculum Objectives and Standards

Objectives

Students will learn the importance of healthy lungs and identify how tobacco affects the body.

Standards

- 7000-0202 Recognize the difference between helpful and harmful substances.
- 7000-0401 Demonstrate proper care of the body.

Teacher Notes

Introduction

Discuss

1. Lung Health

Show the picture of lungs and discuss what they do.

Lungs –

- are located in the chest behind the rib cage.
- take in oxygen (air) for your body to use.
- get help your body get rid of a gas that it doesn't need (carbon dioxide).
- breathe in and out anywhere from 15 to 25 times each minute.
- increase breathing rate when you exercise.
- won't stop breathing even if you try.

Strategies

Demonstration

2. Healthy and Unhealthy Lungs

Choose a student to come to the front of the room and attach paper lungs to his/her chest.

Lungs are used for –

- breathing
- blowing up balloons
- whistling
- playing a flute
- singing
- other ideas . . .

Role Plays

Have students role-play various activities using lungs.

Discussion

3. Cigarettes and Lungs

- Stop and Think. Why are cigarettes bad for the body.
- What do cigarettes do to people, especially their lungs.
- Shortness of breath
- Dirty lungs
- Hacking cough
- Can't breathe
- Yellow teeth
- Smelly clothes and hair
- Bad breath
- Decrease in athletic ability
- Headaches
- Increased heart rate
- Sore nose and throat
- House fires
- Addiction

Discussion

4. Healthy Things To Do Instead Of Smoking.

- Don't breathe smoke filled air
- Avoid polluted air
- Wash your hands with soap and water
- Brush your teeth
- If you are sick, keep it to yourself
- Get regular health checks
- Exercise and play

Tie in the 3 Cs

I Care about myself.
I Care about others.
I Care about community.

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself
- It is a smart choice to never start to use cigarettes and other tobacco products.

NOTE: Students may be concerned because their parent(s) smokes. It may be helpful to explain that some people start smoking while they're young and when they become adults and want to quit, they find it is really hard to stop. The safest thing to do is to never start smoking. It's okay to tell your mom or dad that you love them and want them to be healthy.

Conclusion

5. Play a Game

- Play an active game and have children occasionally pay attention to how they are breathing.
- Celebrate healthy lungs.





