



Name: _____

Healthy Lungs

Morning Message Suggestion:

“My two lungs are important to help me breathe. The gift of breath helps me tell stories, sing, and do things like play games or blow out birthday candles. We need to keep our lungs healthy.”

Using this morning message, you can read through it with the students and highlight the important words we will be talking about today: Lungs. Breathe. Healthy.

Further Understanding:

In the circle or at the carpet, begin by talking about how we actually breathe. Have students put their hands on their chest to feel it lift and fall and say: “When we breathe, we take in air through our nose and mouth, through our throat and into our two lungs. Our lungs are like balloons that hold the air for us while our body uses what it needs, and then we breath out what our body doesn’t need. We need to keep our lungs healthy in order to breathe our best and have our body be able to do its best job.”

Go back to the morning message and the highlighted words. Discuss what each word means and come up with a class definition for each of the three words.

Suggestions of definitions:

Lungs are the parts of our bodies that help us breathe air. They are like balloons.

Breathe means to take air in and out of our bodies.

Healthy means that we are keeping that part of our body strong so it can do its best job.

You may want to write these on a new chart paper, sentence strips, add to class word wall, or just discuss them. *Choose what your suits your classroom norms best to reinforce the terms.*

Now that they understand the words in the message, refer back to it again. Ask the classroom to come up with ideas: What other things do we need to breathe to do? (may say: sleep, play soccer, say hello to friends, blow up a balloon, sing, etc)

Extensions: Questions and activity to Further Understanding

- There is a song about breathing created by the Lung Association you may want to teach the students, found at https://www.lungsask.ca/sites/default/files/documents/know_tobacco/k-3/teacher/SongDanceGr1.pdf



Resources developed by Northern Inter-Tribal Health Authority

- In our morning message we talk about that it's important to keep our lungs healthy. But all of our bodies need to be healthy too. Discuss with the class: What are other things you have heard

adults say are healthy or "Good for you"? And write the answers in a brainstorm or cloud for the class to see. (Answers might be: Eating breakfast, playing, exercise, fresh air, fruits and vegetables, reading, sleep, wearing shoes, etc. See what interesting things they come up with!)