

Parent Guide: Lungs

Build A Model Lung, Blow Painting W/ Straws, Breathing Exercises

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Build A Model Lung

Moving air and gas through our bodies, the lungs are essential to breathing. Make a model to see how the lungs work inside your body!

Supplies Needed:

- plastic bottle
- straw
- elastic band
- scissors
- 2 balloons
- playdough

Join us on our Facebook page for instructions!

2

Blow Painting With Straws

Fun art activity to show the power of our lungs. Try varying the force you blow with (soft vs hard) and talk about the difference you can see in the way the paint behaves.

Supplies Needed:

- card stock or other heavy paper
- liquid watercolors or watered down paint/food coloring
- dropper or pipette
- drinking straws

Join us on our Facebook page for instructions!



source: artfulparent.com

3

Breathing Exercises

Fun ways to explore the function of your lungs and breath. Click the link on our website for more info, but here's a sneak peek at their creative exercise names:

- Hot Air Balloon
- Dragon Fire Breaths
- Tumble Dryer
- Tongue Tube
- Bumble Bee Breaths