



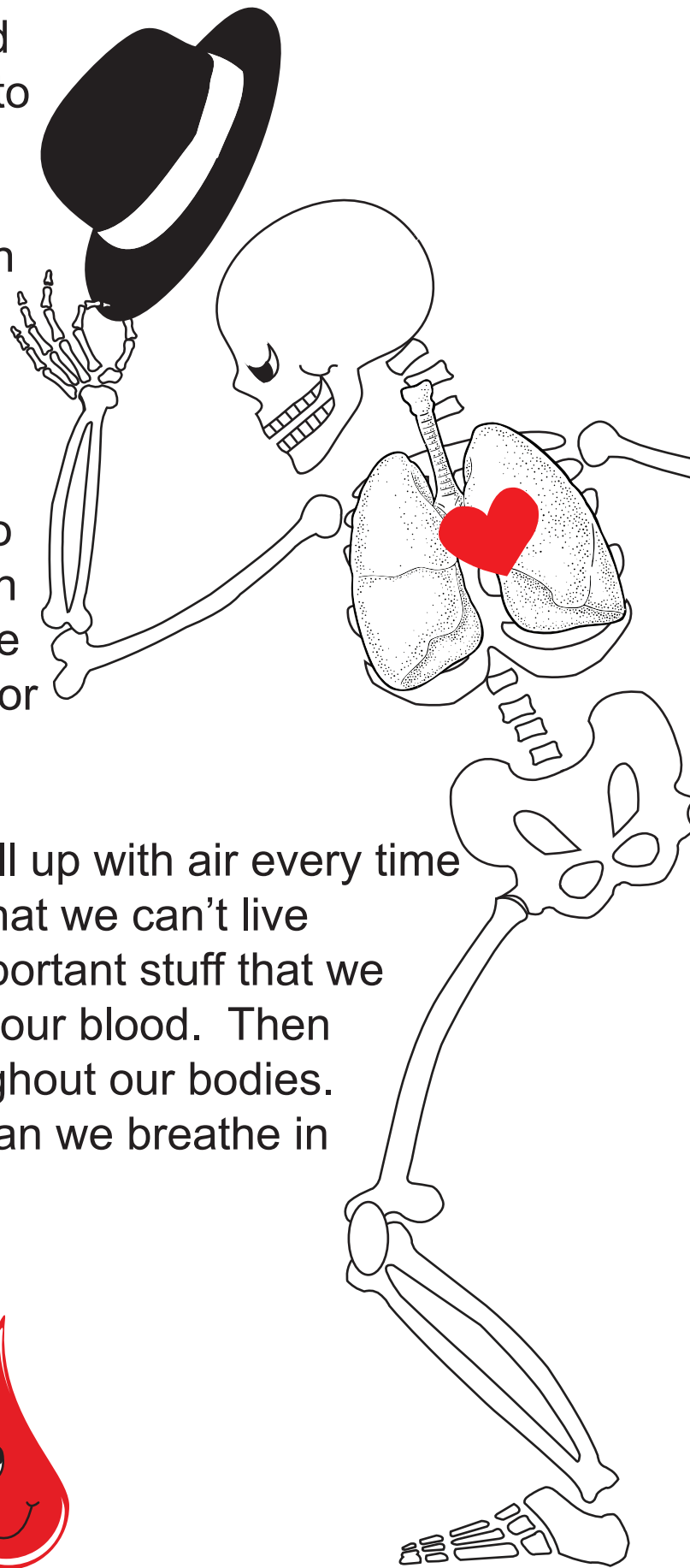
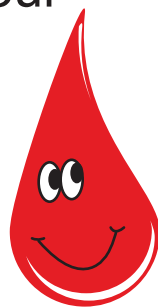


Our heart moves blood all around our entire bodies, from our nose to our toes! There is no place that our blood isn't. It moves through every organ, our brains, and even our bones. Do you remember where the blood is made?

Veins and arteries are like tiny straws that blood flows through to get to all parts of our bodies. Can you spot some veins on the inside of your arms or wrists? What color are they?

Our lungs are like balloons that fill up with air every time we breathe. Air is so important that we can't live without it. Our lungs take the important stuff that we need from the air and puts it into our blood. Then the heart pumps our blood throughout our bodies. Can we breathe under water? Can we breathe in outer space?

The first thing to get blood is our brain. Then our organs, and finally our legs, arms, hands and feet.



## Unit 1 Lesson 9 – LUNGS/HEART

Date:

**OBJECTIVES** By the end of this lesson, the children should be able to:

- Identify and palpate:
  - Heart
  - Lungs
  - Ribs
  - Tarsals
  - Metatarsals
  - Phalanges (Toes)
- Know that our hearts move blood from our noses to our toes
- Know that our lungs take in air (& oxygen) when we breathe
- Know that oxygen is circulated throughout the body in the blood by the heart

### Materials

- HEART, LUNGS and FOOT BONES pages from My Body Project
- Small brown paper bag - 1 per child
- Red & blue markers or crayons
- Large width drinking straw
- Tape

### Lesson Prep

- Cut out HEART, LUNGS and FOOT BONES pages from My Body Project

**Greeting Routine** (for more than 2 children) Free play until everyone arrives.

### Mat Time "DANCE PARTY!"

Pick some upbeat music for children to dance to. Take turns being the star and dancing in the middle of the circle. Have everyone feel their heart beats in their chest, and let them know that their heart puts blood in all parts of the body. Take some deep breaths. Ask children to feel their ribs move as they breathe in and out.

Our ribs help our lungs to take in air.

### Reading Time

## Activity in Motion

### "HEART POEM"

Make up some actions to the following poem:

Hearts have beats thumpity thump  
Hearts beat faster when we jump  
They move our blood around each day  
And work quite hard while we're at play  
We can feel them in our chest  
Happy hearts we love the best!

## Lesson

Our heart moves our blood from our nose to our toes!"

"If you get a cut any-where on your body, you can know that your heart put it there! Some parts of our bodies are always working, even when we are asleep. Our hearts are always beating no matter what. Sometimes it beats faster, like when we exercise, and sometimes it moves slowly like when we are asleep. It is because our heart never stops that it is considered the hardest working muscle in our bodies."

"Our lungs take in air for us. Can we live without air? No... What are some other things we cannot live without?"

**ADVANCED LESSON:**

"One of the things our bodies cannot live without is oxygen. Does anyone know what oxygen is? It is what is in the air that we breathe that gives us life. Our lungs were made just for the purpose of gathering oxygen and sending it out to the rest of our body. The heart pumps blood around the lungs where it picks up oxygen from the air and brings it to the rest of the body. Have kids look at their own viens.

"Our viens are blueish in color because the blood does not have oxygen in it. When blood hits the air, the oxygen in the air turns our blood bright red.

## Chant ECHO GAME

I'm going to say the name of a bone, and you all are going to be my echo! If I say it LOUD you say it LOUD. If I say it SOFT, you say it SOFT. Okay? " Touch your feet and say: "TARSALS!" Have them repeat it back to you.

Experiment with a silly tone, a growly tone etc. Say it in as many different ways as you can. Now repeat this with "METATARSALS".

## My Body Project

Have each child identify and paste the RIBS and FOOT bones to the bones side, and the HEART and LUNGS to the organs side.

## Activity in Motion (Breath of Fire)

Do some animal yoga on the mat. Teach kids breath of fire pranayama technique. This will not last long, but is great as a “go to” for wound up wiggly children that need a little focus and grounding. (Couldn't we all use some of that?)

## Activity LUNG MODEL

See activities page for instructions and materials.

## Activity COLORING PAGE

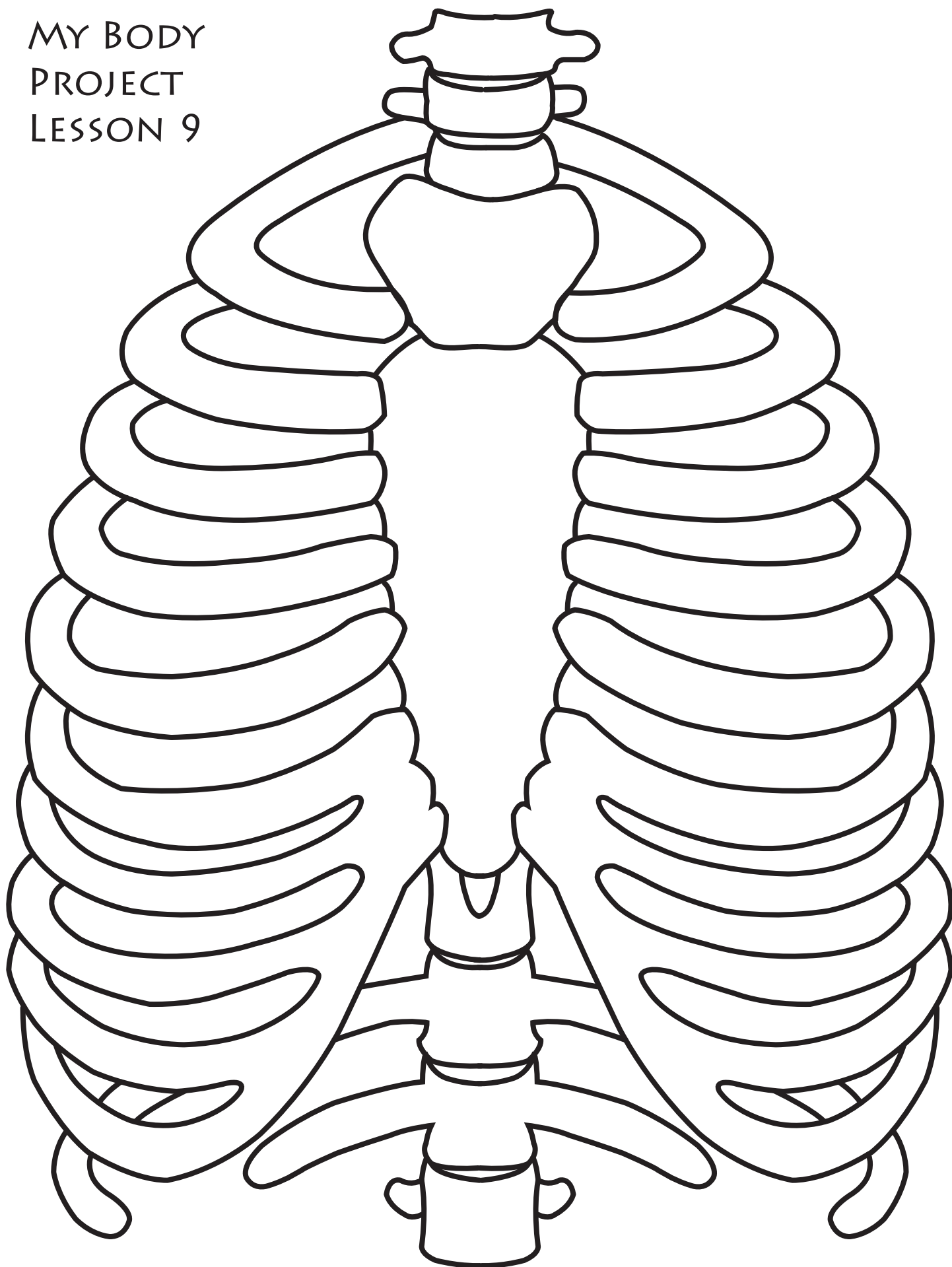
See coloring page for instructions and materials.

## Lesson Review

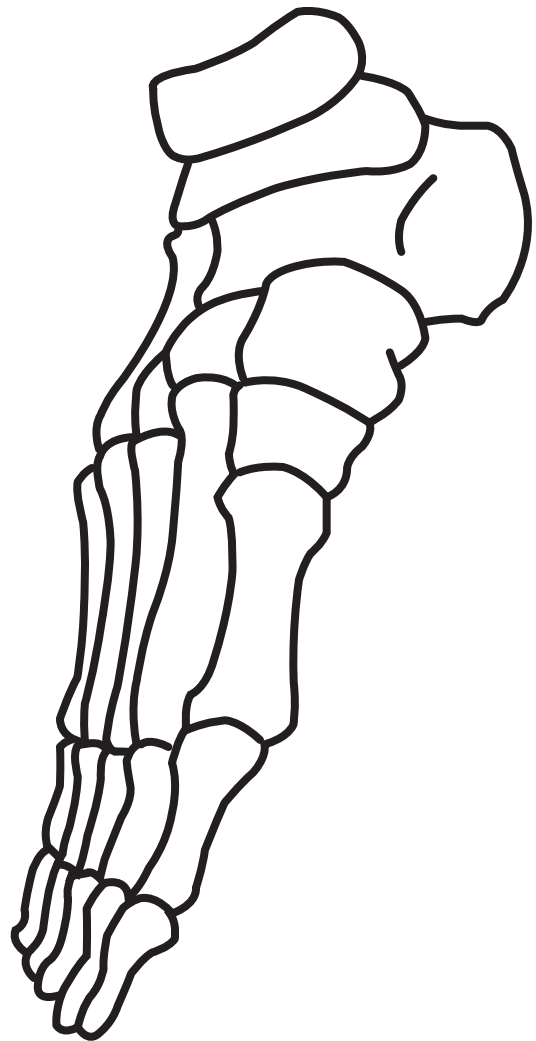
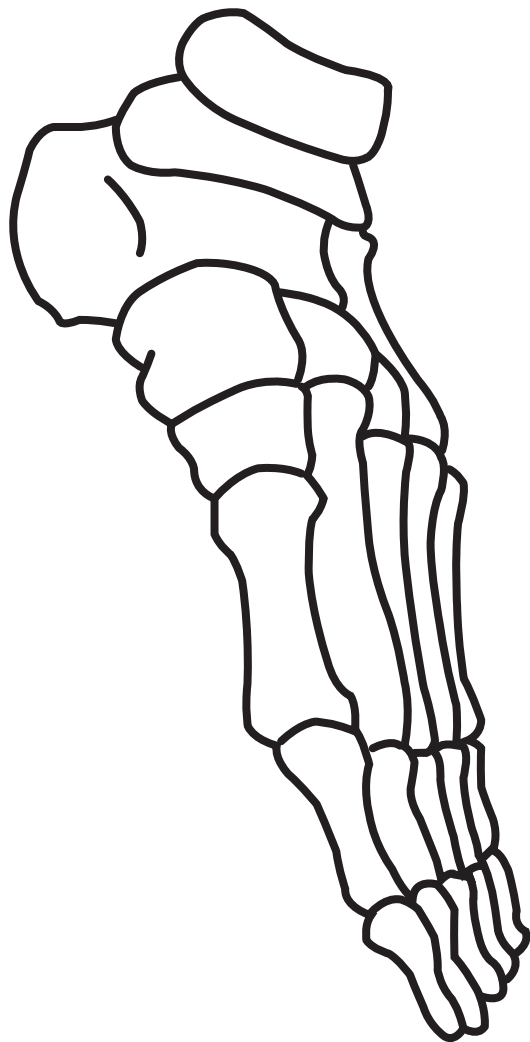
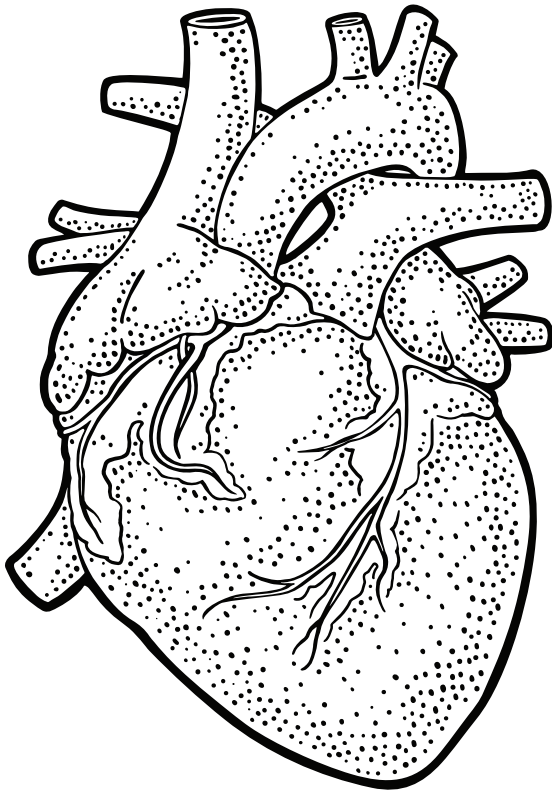
“What does our HEART do? (Moves blood everywhere) Why do we have LUNGS? (We need air to live). What do our RIBS do? (protect HEART and LUNGS) Can we live without air? Can we breathe under water? How about in outer space?

## Notes

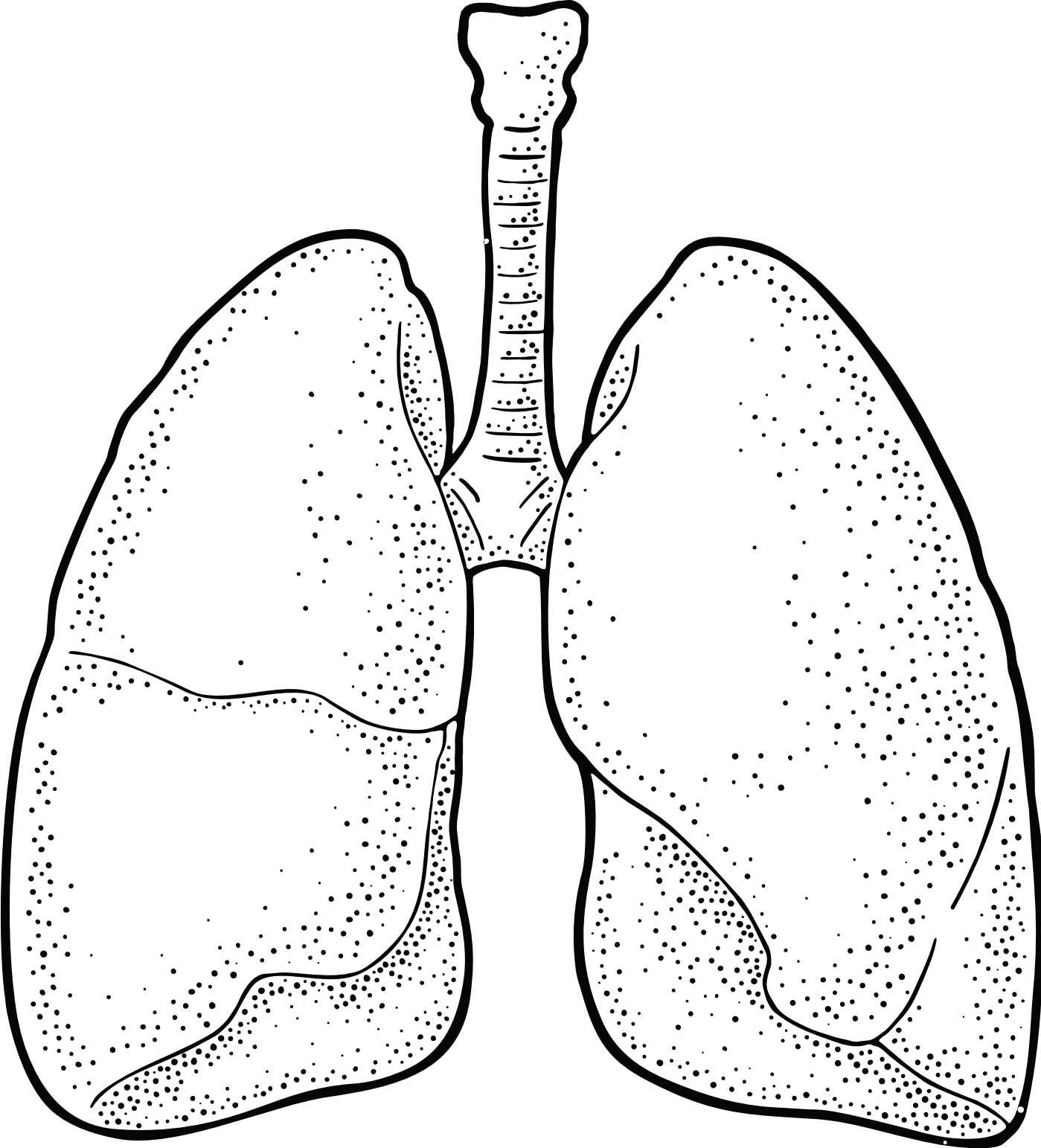
MY BODY  
PROJECT  
LESSON 9



MY BODY PROJECT  
LESSON 9



MY BODY PROJECT  
LESSON 9





# LUNGS MODEL ACTIVITY



## **MATERIALS:**

Tape

Small paper bags (1 per child)

Large straws (1 per child)

Red and Blue markers, crayons, or paints

## **INSTRUCTIONS:**

Draw veins and arteries on bag. Insert straw to top of bag and tape tightly closed around straw. Inhale and exhale gently through straw inflating the bag to mimic respiration.





**COLOR THE HEART PURPLE,  
THE LUNGS PINK, THE VEINS  
BLUE, AND THE ARTERIES RED.**

