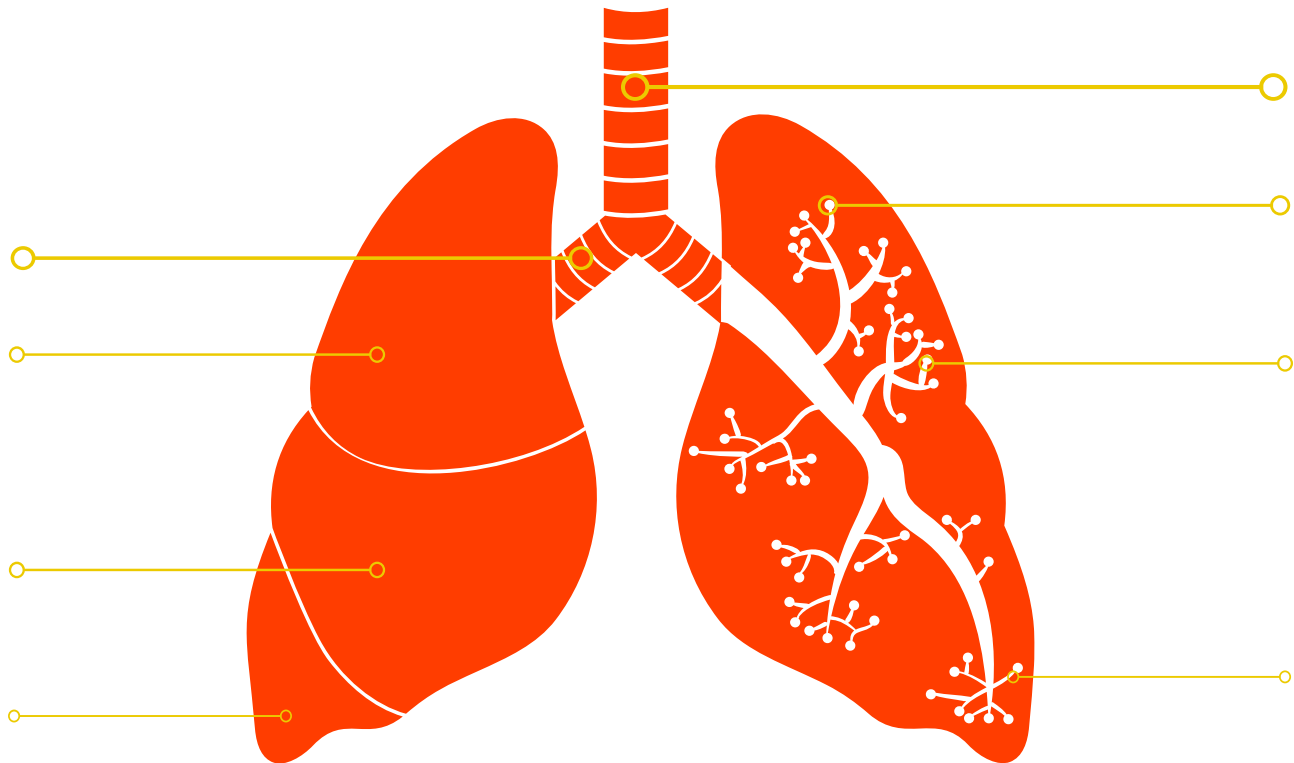


Make your own Paper bag lungs!

Your lungs are a part of your respiratory system. They allow you to take in fresh air, get rid of stale air, and even help you talk and sing! Let's make our own lungs.



Paper Bag Lungs Supplies

- 2 plastic or paper bags
- 2 straws
- Strong tape
- Black marker

1. Draw and identify the parts of the lungs on the paper or plastic bags
2. Open the bags fully, slip the straw in the bag 2-3" in and gather the top of the bag around the straw. Tape tightly, be sure you get a good seal so that it will work well.

Blow into the straw and watch the lungs expand fully. This is how normal, healthy lungs work to help you breathe and get oxygen into your body. This time, expand the lungs half way. When we get sick or our lungs are unhealthy from smoking, it's easy to see why we don't get enough oxygen for our body to work properly.
