

Breathe! Your life depends upon it!

Your body needs the oxygen in the air to live. You can live for days without food or water, but only a few minutes without air.

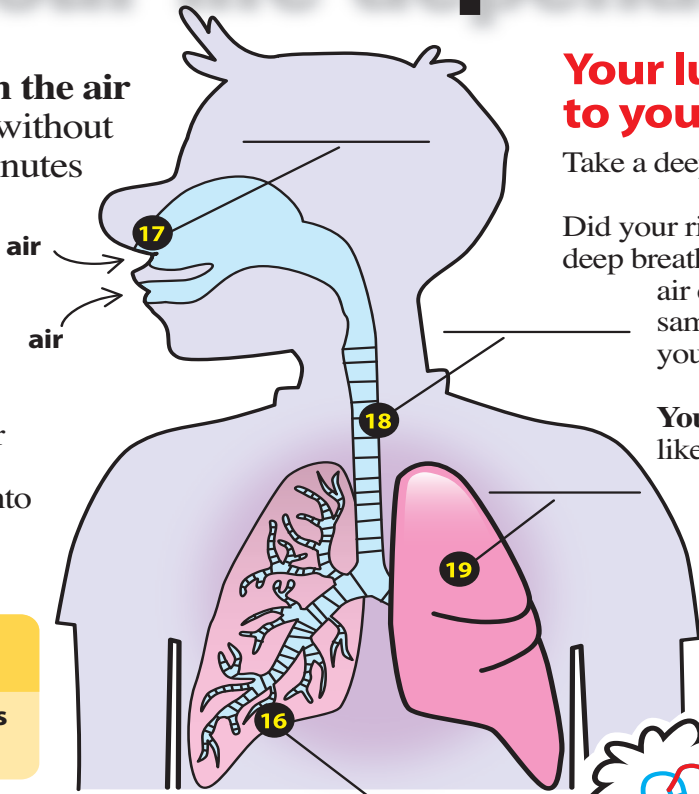
How does oxygen get from the air into your body? It enters through a special body system called your **respiratory system**.

The respiratory system includes your **mouth** and **nose**. That is the part of your body that you use to bring air into your body. Then the air goes down a tube called a **trachea** to your **lungs**.

Do the math to label the parts of the respiratory system.

21 - 5 = **bronchioles** 12 + 5 = **nostrils**
26 - 8 = **trachea** 27 - 8 = **lungs**

Standards Link: Physical Science: Students understand how the human body works.



Your lungs deliver oxygen to your whole body.

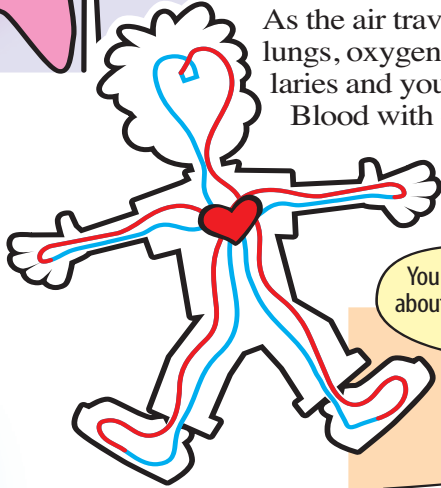
Take a deep breath and hold it.

Did your rib cage get larger? When you take a deep breath, the air flows into your lungs. The air expands your lungs in much the same way as a balloon expands when you blow air into it.

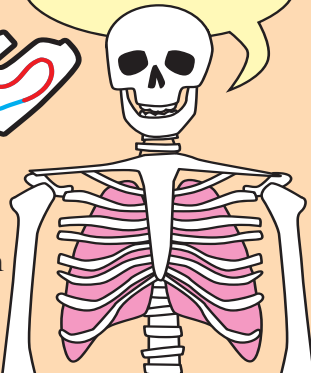
You have two lungs. They each look like a squishy, pink sponge.

Inside your lungs are tiny tubes and sacs called **bronchioles** through which air travels when you **inhale** and **exhale**. These are lined with tiny blood vessels called **capillaries**.

As the air travels through your lungs, oxygen enters the capillaries and your blood stream. Blood with oxygen flows to your heart where it is pumped to other body parts.

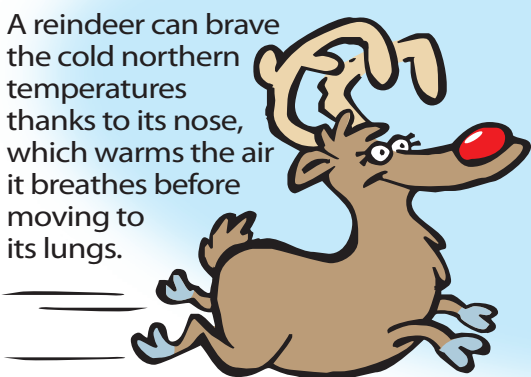


You **inhale** and **exhale** about **20,000** times a day!

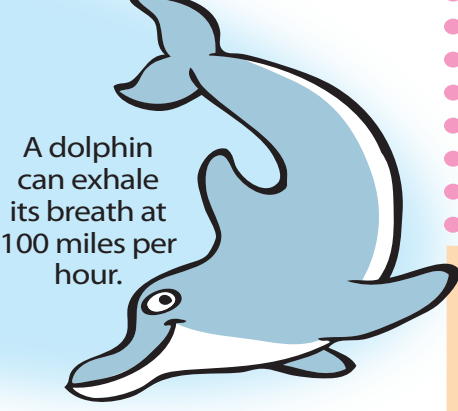


Your lungs are so important that your body protects them with a special cage made of bones. This is your rib cage!

Fun Animal Breathing Facts



A reindeer can brave the cold northern temperatures thanks to its nose, which warms the air it breathes before moving to its lungs.



A dolphin can exhale its breath at 100 miles per hour.

Laughing is Good for Your Lungs

The secret to breathing deeper is to exhale more fully. Laughter empties your lungs of more air than it takes in and the result is a cleansing effect. This is especially helpful for people who suffer from respiratory ailments, such as asthma.

What did one wall say to the other wall?
Why do bees have sticky hair?
What did the Dalmatian say after lunch?

Whoops! Katie dropped her note cards practicing for the school talent show. Can you match each joke to its punch line?



Because they use honeycombs.
"That really hit the spot!"
"I'll meet you at the corner."

Extra! Extra!
Respiratory System Dot-to-Dot
On one page of the newspaper, find and circle the letters that spell respiratory system. Connect the letters in the correct spelling order and create a lovely design!
Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

The Code to Good Health

Use the code to discover the best ways to care for your lungs.

A = 26 N = 13
B = 25 O = 12
C = 24 P = 11
D = 23 Q = 10
E = 22 R = 9
F = 21 S = 8
G = 20 T = 7
H = 19 U = 6
I = 18 V = 5
J = 17 W = 4
K = 16 X = 3
L = 15 Y = 2
M = 14 Z = 1

22 3 22 9 24 18 8 22
and stay away from harmful things like
8 14 12 16 22
and
24 19 22 14 18 24 26 15
21 6 14 22 8

Standards Link: Reading Comprehension: Follow simple written directions.

Kid Scoop Word Search

LAUGHTER
BREATHE
TRACHEA
OXYGEN
SPONGE
STREAM
EXHALE
SECRET
LUNGS
MOUTH
BLOOD
SMOKE
NOSE
PINK
AIR

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

R M E R E L A H X E
E A A G E K E S O N
T E I E N S M O K E
H R R I H O S P H G
G T P I R C P T M Y
U S G N U L A S O X
A A T O R E Y R U O
L S E C R E T S T Y
S T E B L O O D H M

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop VOCABULARY BUILDERS

This week's word:
EXPAND

The verb **expand** means to grow larger and increase in space.

After we patched a hole in the tire, it began to **expand** as air was pumped into it.

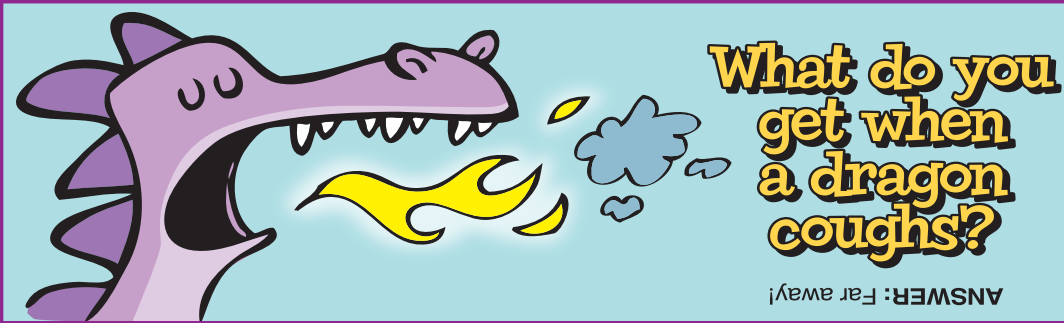
Try to use the word **expand** in a sentence today when talking with your teacher, friends and family.

FROM THE Kid Scoop LESSON LIBRARY

Exercise Your Lungs

With a friend, put a sheet of newspaper on the floor. Take turns giving directions such as, "Jump over the paper" and "Crawl around the entire page." Take a deep breath before following each direction.

Standards Link: Reading Comprehension: Follow simple written directions.



What do you get when a dragon coughs?

ANSWER: Far away!

Write On!

If I were allergic to ...

Pick something silly to be allergic to. How would this change your life?

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