

Dear Family,

In my class today, we learned about our lungs.

Did You Know?

- Breathing is something you do all day. You breathe without even thinking about it! You have two lungs. One is on each side of your body. Lungs help you take fresh air into your body. They get rid of old air. Your lungs take up most of the space in your chest. Your lungs are important. Air comes in through your nose or mouth. Air travels through your windpipe and into your lungs. Your lungs take oxygen out of the air. They pass air to the parts your body. You cannot see your lungs, but you can feel them. Your chest fills up with air when you breathe in. This makes your chest expand. When you breathe out, your chest returns to its normal size.

Ask Your Child:

- Tell me where your lungs are.
- What happens when you breathe?
- If you can't see your lungs, how do you know they are working?

Activities To Do With Your Child:

- Blow up a balloon, and let it deflate several times. Discuss with your child how this action is similar to what their lungs do when they breathe.
- Sit quietly with your child, and listen while you both breathe. Stand up, and do 30 seconds of intense activity such as running in place or jumping up and down. Stop, and listen to your breathing. Discuss the difference in the rate of breathing with your child.

Vocabulary To Use With Your Child:

- **breathe** – to take air into and out of the lungs.
- **lungs** – either of two organs in the body that control breathing.
- **inhale** – to breathe in.
- **exhale** – to breathe out.
- **oxygen** – the gas that is part of air; it has no color or smell; all living things need oxygen to live.
- **organ** – a part of animals that performs a special task; for example, heart, lungs, and skin.