

BOOK TITLE

**I Take a  
Deep Breath**

TOPIC

**Tobacco and  
Addictions**



**Essential  
Question**

Why is breathing clean,  
smoke-free air important for  
our lungs?

**Teaching Strategy**

This activity incorporates hands-on, active  
participation from both the teacher and students.



**REQUIRED MATERIALS**



Open space to play  
Simon Says

**LEARNING ACTIVITIES**



Class discussion  
about the book *I Take  
a Deep Breath*.



Class discussion about  
smoke-free air.



Game of Simon Says.



Class discussion  
about keeping our  
lungs healthy.

**LEARNING CONNECTION**

This activity asks students to think about the  
importance of smoke-free air, and leads them  
through some physical activities to show them what  
they can do with healthy lungs. The activity builds  
on the book *I Take a Deep Breath*, which shows  
students various instances throughout the day  
when they use their lungs to breathe. It builds the  
foundation for understanding that healthy lungs are  
important for the physical activities that the students  
enjoy doing.

**READING VOCABULARY**

*Deep breath, play, tag, Inuit games, hockey, soccer,  
dance, sing.*

# LESSON PLAN: I TAKE A DEEP BREATH

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1. Say to the students:



**“I want everyone to take a deep breath in and hold it for five seconds. one... two... three... four... five”, as per style guide. Now breathe out. Being able to breathe deeply is very important. In the book *I Take a Deep Breath*, we learned that when we breathe deeply, it helps us to perform many different activities. What are the different activities that we saw in the book?”**

Answers: playing tag, playing Inuit games, playing hockey, dancing, singing, playing soccer.

☛ Have the students list the different activities as part of a class discussion.

2. When the students have named as many activities as they can from the book, ask:



**“What other physical activities do you enjoy doing?”**

Answers might include: jumping jacks, skipping rope, etc.

3. Write the activities they name on the board or chart paper.

4. Say:



**“For us to be able to do all of our favourite activities, we have to be able to breathe. This means we need healthy lungs to breathe in clean air and push it back out. We are lucky that most of the air we breathe in is clean, but sometimes it is not clean. For example, when people smoke cigarettes, the smoke puts harmful chemicals into the air. If we breathe in these chemicals, it can make our lungs less healthy. Over time, this can stop us from breathing as well as we can now. It is important for us to breathe in smoke-free air to keep our lungs healthy.”**



5. For the next activity, have the students stand up in an open space. Ask the students to stretch out their arms. They should be able to stretch out their arms all the way without touching anyone around them.

## LESSON PLAN: I TAKE A DEEP BREATH

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6. Next, say to the students:

 **“Today we are going to play a game called Simon Says. Who here has played this game?”**

☪ Most of the students will have played this game. Afterwards, say:

 **“I am going to lead the game, using the activities that we read about in the book, as well as some of your favourite activities that we talked about. For example, I might say, ‘Simon says “sing,”’ and you all have to sing. Or, I could say, ‘Simon says “dance,”’ or “run on the spot.”’ Remember, if I don’t say ‘Simon Says’ first, you stay still. If you move when I don’t say ‘Simon Says,’ then you are out. Are you ready?”**

7. Begin the game. Keep going until there is only one student left, or until you run out of activities.

☪ Try to choose activities that require the students to use their lungs. For example, you could ask them to take a deep breath and hold it for five seconds. You can also choose activities that they can pretend to do, like playing soccer or hockey.

8. If the students are doing well, you can ask for a volunteer to lead the game.

9. When the game is over, ask the students to go back to their seats.

10. Conclude the activity by asking the students:

 **“How would you feel if you couldn’t do any of your favourite activities? Would you be sad?”**

☪ Give the students time to answer, and then say:

 **“What are some of the ways we can keep our lungs healthy so we can keep doing these activities?”**

Answers might include: breathe in clean, smoke-free air, keep doing lots of physical activities, etc.