

BOOK TITLE

**My Healthy Lungs**

TOPIC

**Tobacco and Addictions**



**Essential Question**

What are some of the things healthy lungs help me do?



**Teaching Strategy**

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

**REQUIRED MATERIALS**

- Activity Worksheet:  
**I Need Healthy Lungs**

**LEARNING ACTIVITIES**



Class discussion about the book *My Healthy Lungs*.



**I Need Healthy Lungs** posters.

**LEARNING CONNECTION**

This activity continues to create a positive dialogue around why we need our bodies to be healthy. It builds on the students' understanding of the book *My Healthy Lungs*, which looks specifically at actions and activities that require healthy lungs, such as singing in a choir and playing hockey.

**READING VOCABULARY**

*Healthy, lungs, jump high, play hockey, run fast, cheer loudly, laugh hard, Inuit games, sing.*

**PRE-LESSON PREPARATION**

1. Photocopy enough copies of the **I Need Healthy Lungs** activity worksheet for all of the students.

## LESSON PLAN: MY HEALTHY LUNGS

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1. Talk to the students about the book. Say:



**“In the book *My Healthy Lungs*, we learned that it is important to keep our lungs healthy. Who can tell me why it is important to have healthy lungs? What examples did we learn in the book?”**

Answers: jump high, run, play hockey, sing, play Inuit games, cheer loudly, laugh hard.

☛ The students should answer with examples from the book.

2. Say:



**“These are only a few of the activities that we need healthy lungs for. Our lungs are what help us to breathe, so keeping them healthy is very important for most of the activities we do every day. What are some of your other favourite activities that we might need healthy lungs for?”**

Answers might include: biking, playing tag, swimming, hunting, etc.

☛ Let the students list as many activities as possible.

3. Say:



**“Today each of you is going to make a poster of your favourite activities. Underneath each activity that you draw, you are going to write, ‘I need healthy lungs for \_\_\_\_.’ Write down the name of the activity that you drew. For example, you can draw yourself biking, and then write, ‘I need healthy lungs for biking.’”**

4. Give each student a copy of the handout. Tell the students that around the border of the page, there are pictures of different physical activities. They can use these pictures for inspiration if they can't think of any activities on their own.

5. When the students have finished their posters, you can hang them up and display them throughout the classroom or school.

### SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

☛ **I Need Healthy Lungs** activity worksheets displayed throughout the classroom or school