

Asthma Machine

Ages 5-12

Activity Objective:

This activity allows the children to express their knowledge of the respiratory system in an active, fun manner. It also illustrates how the various parts work together as one.



Instructions:

- Group leader creates cards with pictures or words that include: lungs, smooth muscle bands, mucus, alveoli, diaphragm, bronchial tubes and “Breathing Boss” (or copy cards on page 6).
- All cards are placed in a container and each child draws one card.
- The group member who is assigned to be the Breathing Boss will direct the other participants to create body movements along with a noise that simulates that particular respiratory part and its function.
- The “machine” is further created by the participants connecting their movements to each other, functioning together as a respiratory system.
- The Breathing Boss would signal the machine to perform and could have the machine simulate what it feels like before, during and after an asthma episode.
- This activity may be videotaped (optional) and played back to the participants.
- A large group can be divided in half and each group can create their own asthma machine.
- There might also be a group who are the judges who evaluate teams for accuracy and creativeness (optional).

Material Needed:

- Respiratory System Cards (page 6)
- Container
- Video camera/monitor/VCR (optional)

Copy and cut on dotted lines

Alveoli

**Bronchial
Tubes**

Diaphragm

Lungs

Mucus

**Smooth
Muscle Bands**

**Breathing
Boss**