

The lungs: how we breathe

living-things

What you need: clear plastic bottle with base removed and lid airway prepared by an adult · balloon for the lung · balloon or thin rubber sheet for the diaphragm · short drinking straw · masking tape · stopwatch or classroom clock with a second hand

Words to use

Lungs · Diaphragm · Breathing rate

Our question

Does breathing speed up after we move?

I predict...because...

Our lung model: pull the sheet down, then push it up

What the balloon lung did	
Pulled the sheet down	
Pushed the sheet up	

Which part of the model works like your diaphragm?

Our breathing counts

When we counted	Breaths counted
At rest	
After moving	

What we found out

Was your breathing faster, slower or the same after moving?

When you move, your muscles work harder. Why might that mean you need to breathe faster?

How is this like the heart speeding up when we move?

