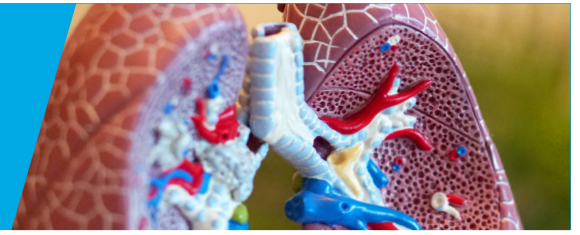


CURIOSITY AT HOME

MAKING A MODEL LUNG



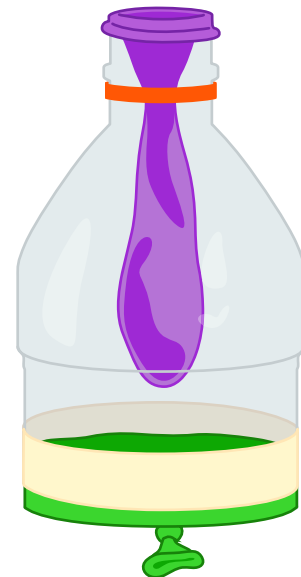
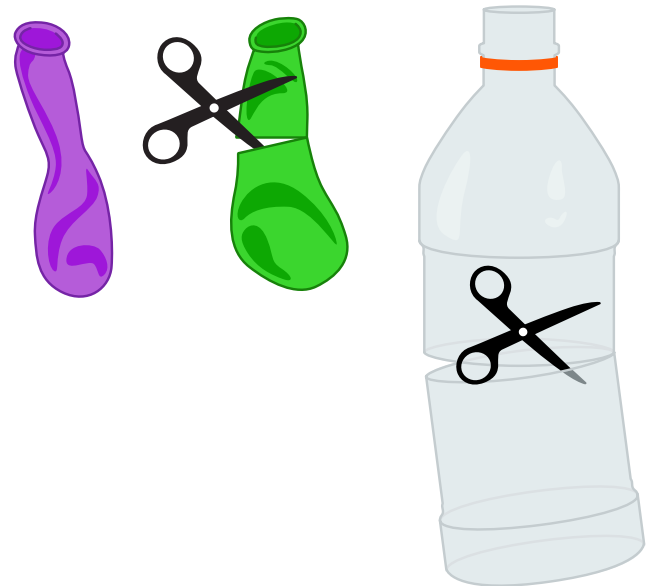
Have you ever wondered what is going on inside our bodies when we breathe? Try taking a deep breath in and out. When we breathe in deep, our chest and stomach expand. That's because our lungs are filling up with air. Our lungs are a very important part of our respiratory system, which is a group of tissues and organs that allow us to breathe. Lungs are the organs that provide oxygen to our blood when we breathe in, and remove carbon dioxide when we breathe out. But what does it look like when our lungs bring air in and out of our body? Let's find out in this model lung activity!

MATERIALS

- 1 Clear Plastic Soda Bottle (1 or 2 liter) with labels removed
- 2 Large Rubber Balloons
- Scissors
- Tape or rubber bands
- Science notebook or paper
- Something to write with

PROCEDURE

- Use the scissors to cut off the bottom few inches of the plastic bottle. The plastic bottle will represent the human chest cavity.
- Place one balloon inside the mouth of the bottle so that the opening is on the outside. Then stretch the opening of the balloon around the mouth of the bottle and tape firmly into place. This balloon represents the human lungs.
- Tie a knot at the end of the second balloon and cut off the top half of the balloon.
- Stretch the remaining bottom balloon half with the tied knot over the bottom of the bottle. Secure the balloon with tape.
- Grab the stretched balloon from the tied knot and gently pull down. The balloon inside the bottle should fill with air.



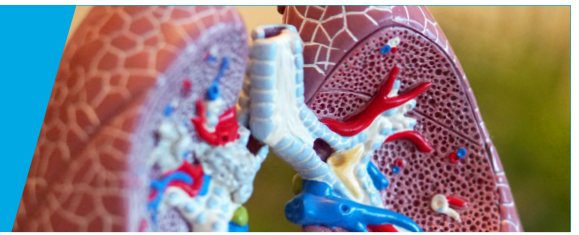
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CURIOSITY AT HOME

MAKING A MODEL LUNG



EXPLORE MORE

Try pushing the stretched balloon up into the bottle, and watch what happens to the balloon inside. What do you notice? Why do you think that happens?

WHAT'S HAPPENING?

The balloon inside the bottle represents our two lungs, and the balloon stretched across the bottom represents the **diaphragm**. The diaphragm is a strong set of muscles below your lungs. When you breathe in, your diaphragm muscles pull downwards and your rib muscles pull up, bringing air into your lungs. This movement makes more space in your chest for air and also decreases the pressure on your lungs. When you breathe out, your diaphragm relaxes and the ribs and lungs push in, causing the air to be pushed out.

DID YOU KNOW?

- Our two lungs are not the same size! In order to make room for our heart, the left lung is a little bit smaller than the right lung.
- The average person breathes in approximately 11,000 liters of air a day. The soda bottle you used for this activity is 1 liter. So, we breathe in 11,000 soda bottles of air a day!
- Our rib cage, which are the bones that surround and protect our lungs, moves about 5 million times each year when we breathe in!

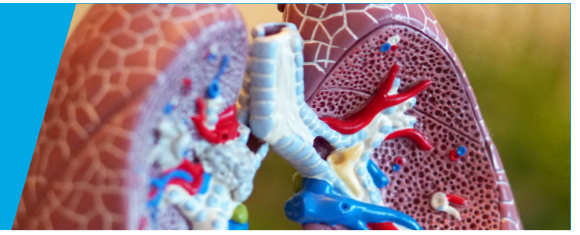


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CURIOSITY AT HOME

MAKING A MODEL LUNG



K–2 GRADE EXPLORATION

- Think of a situation when you would breathe faster or slower? Can you make the model lung breathe faster, or slower? Make a prediction of how to do so, then test it out on your model. What do you notice?
- Do you think your lungs are bigger or smaller than an adult's lungs? Why?
- What would a hiccup look like? Make a prediction in your science notebook and then test it out on your model lung!



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