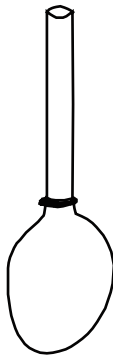


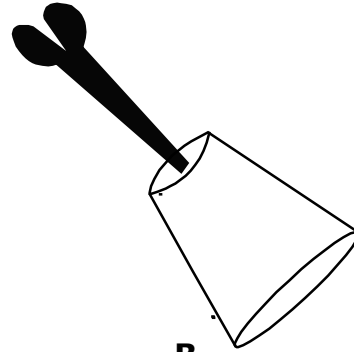
How Breathing Works

What to Do

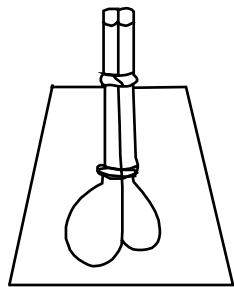
1. Blow air into two small balloons to stretch them. Then, let the air go.
2. Next, use the pictures to help you build your model.

**A**

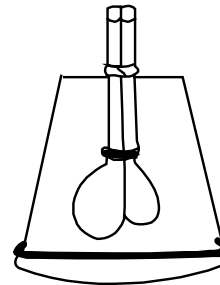
Put a straw inside the neck of each small balloon. Use an elastic band to hold the balloon and straw together.

**B**

Use scissors to carefully poke a small hole in the bottom of the plastic cup.

**C**

Fit the straws through the hole in the cup. Use modelling clay to seal the hole around the straws.

**D**

Cut the neck off the large balloon. Stretch the balloon over the mouth of the cup. Use a large elastic band to hold it in place.

Name: _____

Date: _____

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(continued)

What Did You Observe?

- 3.** The large balloon represents your diaphragm. The cup represents your chest cavity. What do the smaller balloons represent?
-

Making Connections

- 4.** Try this out. Put your hand just below your chest cavity. Take a breath.
a) When you inhale, does your diaphragm move up or down?

- b)** When you exhale, does your diaphragm move up or down?
