

**Explore a Respiratory Therapist Toolbox**

**Overview**

In this activity, students will learn the basics of movement through the respiratory system and gain insights into the toolbox of a respiratory therapist.

**NB Curricular Connections**

**Curriculum Connection**

**Personal Wellness**

* **Strand:** Mental Fitness
	+ **Big Idea:** Mental Health Strategies
		- **Skill Descriptors:** Demonstrate self-calming strategies to regulate emotional reactions.
* **Strand:** Career Connected Learning
	+ **Big Idea:** Thinking about potential career pathways
		- **Skill Descriptors:** Demonstrate an informed vision for the future linked to own interests, preferences, values, and abilities.
	+ **Big Idea:** Exploring potential career pathways
		- **Skill descriptors:** Critically investigate and describe the labour market and preferred career pathways.

**Cross - Curriculum Connection**

**Physical Education**

* **Strand:** Well Being
	+ **Big Idea:** Physical Fitness Concepts
		- **Skill Descriptors:** Apply physical fitness concepts to improve well-being and performance

**Global Competency**

[**Collaboration**](https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/competencies/Collaboration.pdf)**.pdf (gnb.ca)**

[**Communication**](https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/competencies/Communication.pdf)**.pdf (gnb.ca)**

[**CriticalThinking.pdf (gnb.ca)**](https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/competencies/CriticalThinking.pdf)

**What you’ll need**

* Paper
* Pencil/pen
* Equipment list (*included as ‘RT Toolbox Visual’*)
* Treasure Hunt Guide *(included)*

**Instructions**

1. **Discuss**: What is Respiratory Therapy? What does a Respiratory Therapist do? Gage your students’ knowledge about this job field.
2. **Watch** the ‘Being a [Respiratory Therapist](https://www.youtube.com/embed/OU743ulX6Bk)’ video and have students record down words/concepts that they don’t understand or would like to learn more about.
3. **Go** over the words and concepts the students recorded down to make sure they have a solid understanding before moving on.
4. **Discuss:** What part of the body/organ system does the respiratory therapist work with?
5. **Watch** a short [video](https://www.youtube.com/watch?v=X2YVt16Kxak) about the Respiratory System.
6. **Explore** the respiratory system in this small treasure hunt activity.
	1. On each piece of paper, write down the organ name or to make it harder, you can write a simple description/function of that organ. Also on this paper, you will give clues about where the next organ is located.
	2. Start by giving students the first paper (including the organ’s name or description) then they can find all the next one on their own.
	3. After students have found all the missing “organs”, have them put in order of how oxygen would get in and travel through the respiratory system.
		1. **Challenge**: Have students put the pieces in order of how the carbon dioxide would travel through the respiratory system to exit the body.
7. **Optional**: Follow along with this [video](https://www.gonoodle.com/videos/lYVWAX/snake-breath) to explore some self-care breathing strategies. \**Could also leave for the end as a wrap up activity\**
8. **Action**: Show students different equipment/technologies used by Respiratory Therapist
	1. **First,** show the name and pictures only. Help students sound out the name of the equipment and have them guess the function from looking at the picture.
	2. **Second,** allow students to discuss with their peers on what they think the function of the equipment shown is.
	3. **Third**, come back together as a class and explain to students the correct function of the equipment
9. **Wrap**-**Up**: Have students share what they know now about Respiratory Therapist that they didn’t know before. Explain the importance of Respiratory Therapist and have students explain what would happen if we don’t have them.
	1. **Optional**: Go on a virtual tour of the [NBCC Allied Health Center](https://nbcc.ca/visit-us/virtual-tour)

**Reflection Activity**

\*coming soon\*