



## Overview

In this activity, students will be able to do some preliminary exploration of how breathing works and learn about the role of a respiratory therapist.

## NB Curricular Connections

### Curriculum Connection

#### K-2 Explore Your World

- **Strand:** Well Being
  - **Big Idea:** Emotional Health and Positive Identities
    - **Skill Descriptors:** Explore activities that foster enjoyment and well-being.
  - **Big Idea:** Physical Health and Active Participation
    - **Skill Descriptors:** Analyze personal safety and healthy practices
- **Strand: Play & Playfulness**
  - **Big Idea:** Play & Inquiry
    - **Skill Descriptors:** Engage in activities that introduce elements of risk, novelty, and the unknown.

### Cross - Curriculum Connection

#### K-2 Physical Education

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

## Global Competency

[Collaboration.pdf \(gnb.ca\)](#)

[Communication.pdf \(gnb.ca\)](#)

[CriticalThinking.pdf \(gnb.ca\)](#)

## What you'll need

- 2 different colors paper cone hats or headbands

## Instructions

1. **Discuss:** How does breathing work?
2. **Action:** Follow along in this [Bunny Breath Tutorial](#).
3. **Movement:** In this simple movement activity, students will explore how breathing works.
  - a. Divide your classroom into 3 groups and each group will be lungs, carbon dioxide and oxygen.
  - b. Differentiate your *Carbon Dioxide* and *Oxygen* group by wearing different color hats (paper cone hats) or headbands.
  - c. The *Lungs* group will join hands and form a big circle. The *Carbon Dioxide* group will start by standing inside the circle and the *Oxygen* group will be outside of the circle.
  - d. Whenever you announce “**Inhale**”, the circle will get bigger and on “**Exhale**”, the circle will get smaller.
  - e. On “**Inhale**”, the *Oxygen* group will move to the inside of the circle.
  - f. On “**Exhale**”, the *Carbon Dioxide* group will move to the outside of the circle.
4. **Watch** a short animation [video](#) on the Respiratory System and have the students re-iterate how breathing works.
5. **Discuss:** Who do you go to when something is wrong with your respiratory system? What is Respiratory Therapy? What does a Respiratory Therapist do?
6. **Optional/Tune-in:** Join the Respiratory Therapy LIVE session on October 27<sup>th</sup>  
**Wrap-up:** Discuss with the students what skills and knowledge are essential to become successful as a Respiratory Therapist

## Reflection Activity

\*coming soon\*