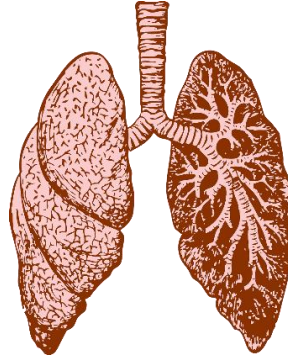




Today's at-home learning theme:

Respiratory System



- Start with this video by Ted Ed: <https://www.youtube.com/watch?v=8NUxvJS-0k> and label this respiratory system worksheet as you watch:
<https://kattyqueen2011.wordpress.com/lessons/respiratory-system/>
- Measure the lung capacities of you and your family with Blog She Wrote: <https://blogshewrote.org/science-quest-measuring-lung-capacity/>
- Exhale into water and then try making this lung and diaphragm model: <https://evavarga.net/stem-club-respiratory-system/>
- Make your own stethoscope out of household supplies and then listen to your family members' hearts and lungs with Tina's Dynamic Homeschool: <https://www.tinadynamichomeschoolplus.com/homeschool-unit-study-human-body/>
- Try making your own 3D model of the respiratory system with things you already have at home: <https://cardsandschoolprojects.blogspot.com/2017/08/making-respiratory-system-model.html?spref=pi&m=1>
- Learn the facts about vaping and the lung damage that it brings with Scholastic: http://www.scholastic.com/vapingrisks/#fda_video
- Learn about belly breathing and its benefits: <https://www.youtube.com/watch?v=vMjTJf4-xz0> and then do your belly breathing inhaling when going up the octave and inhaling while going down:
https://www.youtube.com/watch?v=Dx_YxyM1eRw&list=PLHp00Lu8QnAuMNQXZ2370iwSOjGNH3AdE
- Want to learn about lung diseases? You can read about them with the American Lung Association: <https://www.lung.org/lung-health-diseases/lung-disease-lookup> Create a journal entry writing how it may feel to have one of these diseases and how it would impact your life.
- Read Chapter 11 Section 32-36 to learn more about the respiratory system: <https://flexbooks.ck12.org/cbook/ck-12-middle-school-life-science-2.0/>

Share your fun by tagging #Lynchburg4HLearnsatHome

Disclaimer: Commercial products are named in this publication for informational purposes only. Virginia Cooperative Extension does not endorse these products and does not intend discrimination against other products which also may be suitable.

2018

Virginia Tech

3000-0000

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.