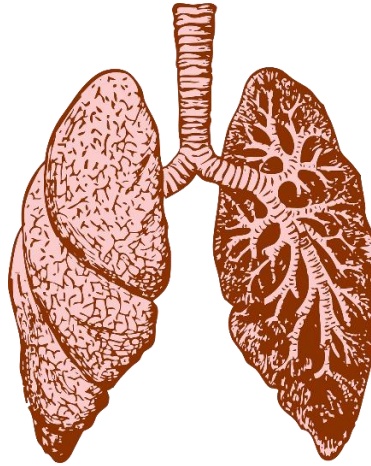




Today's at-home learning theme:

Respiratory System



- Watch this video from Kids Health to get started: <https://kidshealth.org/en/kids/rsmovie.html>
- Make a fake lung with Science Sparks: <https://www.science-sparks.com/breathing-making-a-fake-lung/>
- How much air does your lungs hold? Find out in this experiment by SMM: <https://www.smm.org/heart/lessons/lesson9.htm>
- See how many times you breathe in a minute with different levels of activity: <https://www.smm.org/heart/lessons/lesson8.htm> Then, see if you can find your pet's respiratory rate!
- 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/>
- Use a sponge to make lung art with Deceptively Educational: <https://deceptivelyeducational.blogspot.com/2012/06/sponge-stamped-lungs-art.html>
- Be sure to add the respiratory system to your chalk or paper outline of yourself or try a white shirt or apron like this example: <https://i.pinimg.com/736x/b6/43/16/b64316f960d5d32196b29a6e7e03fafa.jpg>
- Beginning this video at 1:02, breathe with the pufferfish to relax and feel your lungs at work: <https://www.youtube.com/watch?v=yc8RyRuziQQ>
- Hear Ms. Dana read *Breathing Makes It Better* by Christopher Willard and Wendy O'Leary: <https://www.youtube.com/watch?v=xpFifz-6YNI>

Share your fun by tagging #Lynchburg4HLearnsatHome

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