



In or Out?

Read each card. Does it happen when you breathe **IN** or when you breathe **OUT**? Write **IN** or **OUT** in the box.



DJ Diaphragm's trick: Diaphragm DOWN, it contracts, air comes IN. Diaphragm UP, it relaxes, air goes OUT! And: Inhalation starts with IN. Exhalation, exit!



The diaphragm moves
DOWN.



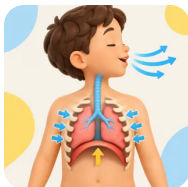
Oxygen



Exhalation



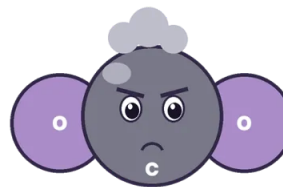
Smell the birthday
cake.



The diaphragm moves
UP.



The diaphragm
contracts (tightens).



Carbon dioxide



Inhalation



Blow out the candles.



The diaphragm
relaxes.



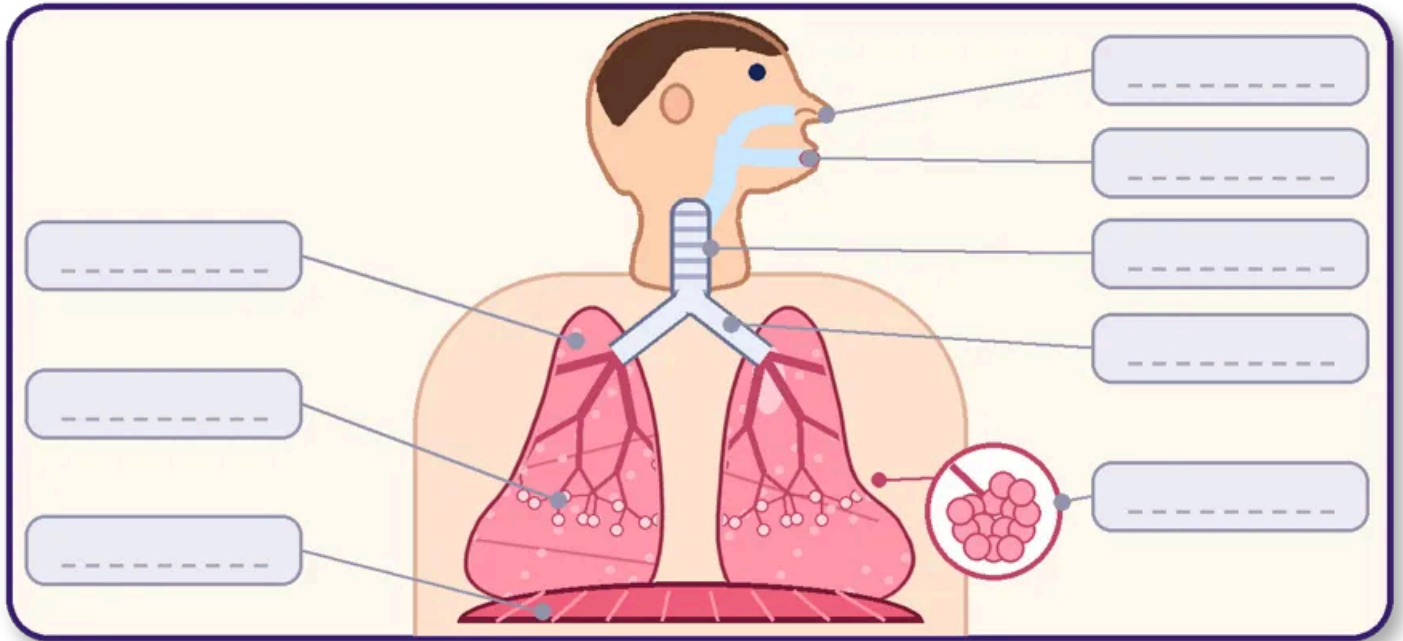
The ribs move up and
out. The chest gets
bigger.

Draw something you
do with a slow breath
in
.

2

Label the Party Map

Carby blew the labels off the map! Write each word from the word bank on the right line. Follow each line to its dot.



Word bank: nose · mouth · trachea · bronchi · bronchioles · alveoli · lungs · diaphragm

Careful! The **trachea** is the ONE big tube in your neck, above the split. The **bronchi** are the TWO tubes just after it splits. Bronchi are big branches; **bronchioles** is a longer word for littler tubes!

The **air path**. Nobody Pops Lucy's Ten Big Bouncy Air balloons! Finish each word.

N _____ **P** _____ **L** _____ **T** _____ **B** _____
B _____ **A** _____



Who Does What?

Read each job. Draw a line to the party helper that does it.



Job

It warms, moistens and cleans the air you breathe in.

Tiny hairs that sweep dirt away, like little brooms.

A flap that closes when you swallow, so food stays out of the windpipe.

Your voice box. Its vocal cords vibrate when you talk and sing.

The windpipe. Rings of cartilage hold it open.

Tiny air sacs, like grapes, where oxygen moves into your blood.

A dome-shaped muscle under your lungs that helps you breathe.



Party helper



trachea



diaphragm



nose



epiglottis



alveoli



cilia



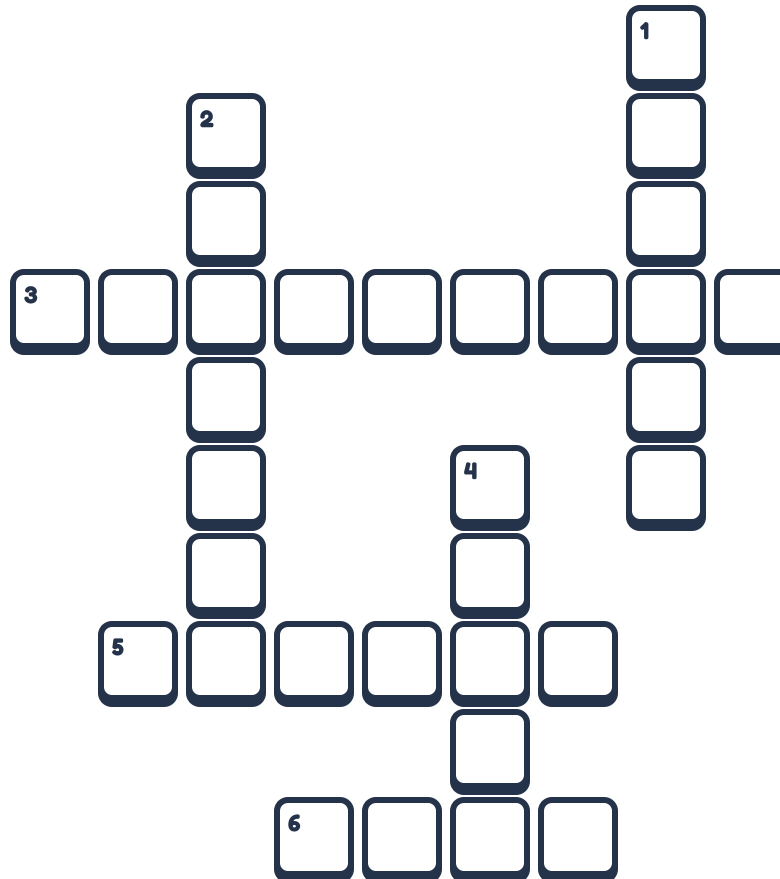
larynx

Bonus: Hum a song and touch your throat. What do you feel buzzing? Write the name of the part.



Party Crossword

Read each clue and look at its picture. Write one letter in each box.



1 down · 6 letters

The good gas you breathe in. Your cells need it for energy.



2 down · 7 letters

Your windpipe. It is the air's track! (TRAY-kee-uh)



3 across · 9 letters

The dome-shaped muscle under your lungs. D is for DJ! (DIE-uh-fram)



4 down · 5 letters

Two spongy, light pink organs that fill up with air.



5 across · 6 letters

Your voice box. La, la, larynx! (LAIR-inks)



6 across · 4 letters

The air filter on your face. Air comes in through it.

Word bank: OXYGEN · TRACHEA · DIAPHRAGM · LUNGS · LARYNX · NOSE

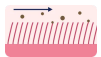
5

Balloon Room Hunt

Six words are hiding. Read each clue and write the word first. Then find it and color it in. Words go across → or down ↓ only.



B	R	O	N	C	H	I	V
G	A	L	V	E	O	L	I
L	T	C	I	L	I	A	P
O	H	M	M	W	X	T	L
B	O	T	M	P	C	F	E
E	R	G	W	M	R	F	U
S	A	T	W	D	T	S	R
X	X	S	J	T	W	H	A



Tiny hairs that sweep dirt away, like brooms. (SILL-ee-uh)



Tiny air sacs, like bunches of grapes. (al-VEE-oh-lye)



Two big tubes, one to each lung. They sound like branches! (BRONG-kye)



Your chest. Its rib cage is armor, like Thor's! (THOR-ax)



Two thin, slippery layers around each lung. (PLUR-uh)



The parts of a lung. The right lung has 3, and the left lung has 2.





Carby's Tricky Notes

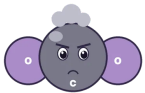
Is each note right? Tick Yes or No. Then explain why. Party scientists always explain!



"Your lungs are about the size of your fist."

Step 1. Is Carby right? ☐ Yes ☐ No How sure? 😞 ☐ 😊 ☐ 😄 ☐

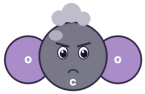
Step 2. Why?



"Your right lung and your left lung are exactly the same."

Step 1. Is Carby right? ☐ Yes ☐ No How sure? 😞 ☐ 😊 ☐ 😄 ☐

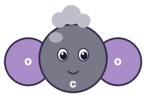
Step 2. Why?



"When your diaphragm moves down, air rushes out."

Step 1. Is Carby right? ☐ Yes ☐ No How sure? 😞 ☐ 😊 ☐ 😄 ☐

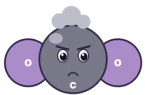
Step 2. Why?



"Bronchioles are smaller than bronchi."

Step 1. Is Carby right? ☐ Yes ☐ No How sure? 😞 ☐ 😊 ☐ 😄 ☐

Step 2. Why?



"Your stomach is the main organ for breathing."

Step 1. Is Carby right? ☐ Yes ☐ No How sure? 😞 ☐ 😊 ☐ 😄 ☐

Step 2. Why?



Piñata Path

A game for 2 to 4 players. You need a die (or number cards 1 to 6) and a coin or button for each player.



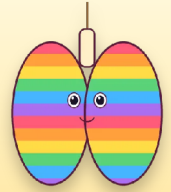
20  finish	19  slide to 12	18  question card	17	16
11  float up to 17	12	13	14  question card	15  slide to 8
10  question card	9	8	7  float up to 13	6
1  start	2	3  float up to 9	4	5  question card

How to play: Roll and move. Land on 🎈, Carby or ★? Another player reads you a question card. 🎈 Answer right to float up. 🐻 Answer right to stay safe, or slide down. ★ Answer right to roll again. First to the piñata wins!



Question Cards

Cut out the cards and put them face down in a pile. The answer is printed upside down at the bottom.



★ Question 1

What does the respiratory system help you do?

🫁 breathe · 🍷 digest food · 👁️ see

Answer: breathe

★ Question 3

What are the tiny hairs that sweep dirt away?

🍇 alveoli · 🧹 cilia · 💪 muscles

Answer: cilia

★ Question 5

Which flap keeps food out of your windpipe?

🧹 cilia · 🍷 epiglottis · 🫁 lungs

Answer: epiglottis

★ Question 7

How many lobes does the left lung have?

3 3 · 5 5 · 2 2

Answer: 2

★ Question 9

Which gas do you breathe out?

oxygen · carbon dioxide

Answer: carbon dioxide

★ Question 11

The trachea divides into the two...

🍇 alveoli · 🧠 larynx · 🌳 bronchi

Answer: bronchi

★ Question 13

What does respiration mean?

🍷 The body breaks down food. · 🔄 The body swaps gases: oxygen in, carbon dioxide out.

Answer: The body swaps gases.

★ Question 15

About how many times do you breathe in one day?

10 about 10 · 100 about 100 · 1234 about 20,000

Answer: about 20,000

★ Question 2

Which part warms, moistens and cleans the air?

👃 nose · ❤️ heart · 🦴 ribs

Answer: nose

★ Question 4

Which part is your voice box?

👃 nose · 🦴 rib cage · 🧠 larynx

Answer: larynx

★ Question 6

What holds your trachea open?

🎈 balloons · 🔄 rings of cartilage · 🧹 cilia

Answer: rings of cartilage

★ Question 8

What are the tiny air sacs that look like grapes?

🌳 bronchi · 🍇 alveoli · 👃 nose

Answer: alveoli

★ Question 10

When the diaphragm moves down, what happens?

🗑️ Air is pushed out. · 🗑️ Air rushes in.

Answer: Air rushes in.

★ Question 12

What protects your lungs like armor?

🧹 cilia · 🛡️ the rib cage · 🧠 the larynx

Answer: the rib cage

★ Question 14

In the air path, what comes right after the pharynx?

🍇 alveoli · 🧠 larynx · 👃 nose

Answer: larynx

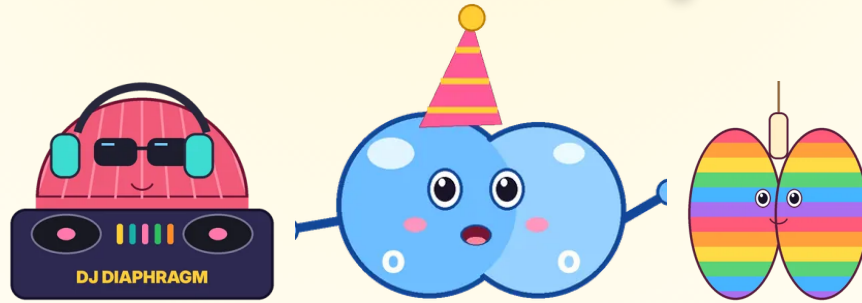
★ Question 16

Which habit keeps your lungs healthy?
🚭 smoking · 🏃 moving every day · 🧻 breathing dusty air without a mask

Answer: moving every day



Piñata Champion!



won all 7 party balloons at **The Great Lung Party**

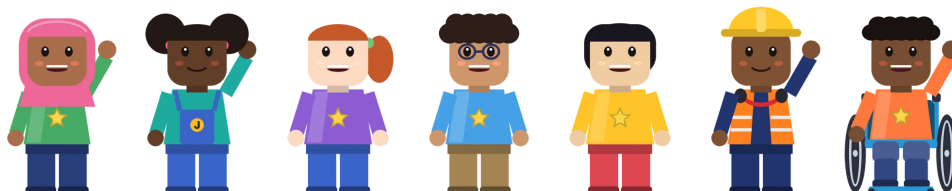
Nose, pharynx, larynx, trachea, bronchi, bronchioles, alveoli.
Diaphragm DOWN, air comes IN. Diaphragm UP, air goes OUT.
Oxygen IN, carbon dioxide OUT!

How do the lungs feel now? Color one.

☐ I need more practice ☐ I am getting there ☐ I can teach it!

Date _____

Signed _____



Answer Key

1. In or Out?

IN: the diaphragm moves down, oxygen, smell the birthday cake, the diaphragm contracts, inhalation, the ribs move up and out

OUT: exhalation, the diaphragm moves up, carbon dioxide, blow out the candles, the diaphragm relaxes

3. Who Does What?

nose, cilia, epiglottis, larynx, trachea, alveoli, diaphragm (top to bottom). Bonus: the larynx (vocal cords).

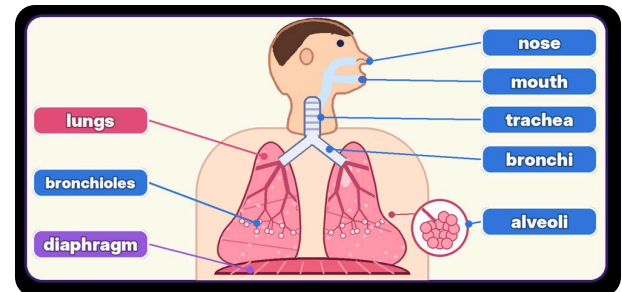
6. Carby's Tricky Notes

1. No. The lungs are much bigger: about 2.2 pounds together (a small watermelon), each about 9 inches long. Your *heart* is about the size of your fist.
2. No. The right lung has 3 lobes and the left has 2, to make room for the heart.
3. No. Diaphragm DOWN, air comes IN.
4. Yes. Longer word, littler tubes!
5. No. The lungs are the main breathing organs.

“How sure?” has no right answer. Right but “not sure” means one more practice round. Wrong but “very sure” is a mix-up worth talking about.

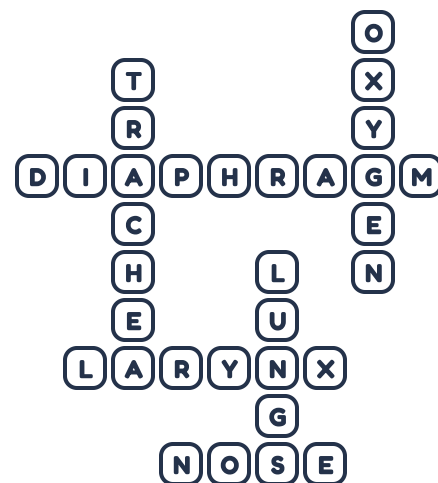
Heads-up: some workbooks say the lungs are “about the size of your fist”. That is the heart. The video and this file teach the correct size.

2. Party Map



Air path: nose, pharynx, larynx, trachea, bronchi, bronchioles, alveoli.

4. Crossword



5. Balloon Room Hunt

cilia, alveoli, bronchi, thorax, pleura, lobes

