



My Amazing Lungs!



Did you know you have two amazing helpers inside your chest?

They are your **lungs**!

Your lungs have a very important job. They help your body get the oxygen it needs.

Take a nice, gentle breath in.

When you breathe in through your nose or mouth, air travels down into your lungs. Your lungs help move **oxygen** from the air into your blood.

Then your hardworking heart pumps that oxygen-rich blood all around your body!

The oxygen travels to your brain, your muscles, and all the other parts of your body that need it to work, grow, think, and play.

Now breathe out.

Your lungs help your body get rid of air it doesn't need anymore.

Your lungs are always working.

When you're sleeping, your lungs are working.

When you're reading, your lungs are working.

And when you're running and playing, you breathe faster to bring in more oxygen for your busy body!

Your heart and lungs make a wonderful team, working together every day to keep you going.

So breathe.

Run.

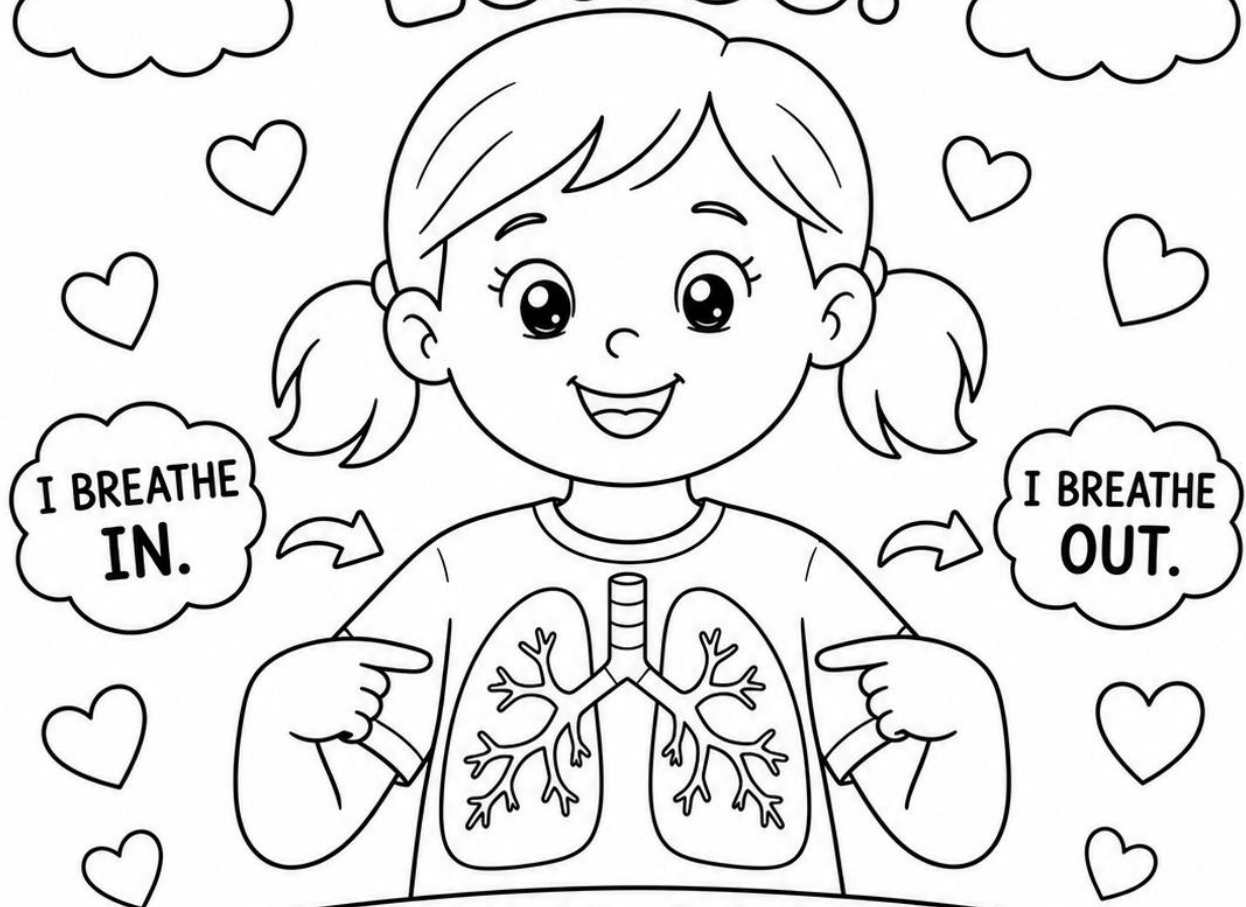
Play.

Laugh.

And take good care of your amazing lungs! 



♥ MY AMAZING LUNGS! ♥



I BREATHE IN. I BREATHE OUT.
MY LUNGS HELP ME EVERY DAY!



BE ACTIVE!



EAT HEALTHY!



DRINK WATER!



GET SLEEP!



BE HAPPY!



My Amazing Lungs!

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

Lungs • Air • Breathe • Oxygen • Nose • Chest •
Body • Play • Run • Healthy



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My Amazing Lungs!



What Did You Learn About Your Amazing Lungs?

1. What do your lungs help you do?

- A. Breathe
- B. Jump
- C. Sleep

2. What does your body get when you breathe in?

- A. Water
- B. Oxygen
- C. Food

3. Your lungs help move oxygen into your:

- A. Hair
- B. Blood
- C. Shoes

4. What pumps oxygen-rich blood around your body?

- A. Your heart
- B. Your ears
- C. Your nose

5. When you run and play, you may:

- A. Become a real tiger
- B. Breathe faster
- C. Turn into a rocket ship



Check Your Work!

★ Answer Key

My Amazing Lungs

A — Breathe

B — Oxygen

B — Blood

A — Heart

B — Breathe faster

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing lungs.

Maybe it will be a picture of your lungs.

Maybe it will be a picture of how you keep your lungs healthy. 🫁

You can draw and color anything you want!