

Lungs

Introduction

Watch a six-minute video: "[How Your Lungs Work](#)".

Activity 1

A gross-motor or sensory activity to get the wiggles out.

Activity 2

A more sedate activity, usually involving letters, numbers, or fine-motor.

Lunch Snack

Ideally themed to the topic.

Activity 3

Crafting activity.

Activity 4

Any other fun optional bonus.

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