Why Do We Need Clean Air? Lesson Idea

Objective

- Recognize that tobacco smoke is bad for the heart.

Materials

- Pinwheel

Explore

1. Blow on the pinwheel to make it turn. Ask children what made the pinwheel turn. Confirm that it was the air you blew. Tell children that we can't see air, but we know it is there. Point out that we need air to live.

2. Explain to children that air has something in it called oxygen, which their bodies need to live, and that the heart pumps blood, which is filled with oxygen, throughout their bodies. Take children outdoors and have them take a deep breath, run a short distance, stop and take another deep breath. Point out to children how good it feels to breathe clean air. Give the following cheer and have children repeat it: *We care, we care! We care about clean air!* Ask how they would feel if they had to breathe smoke from a factory or cigarette instead of clean air. Remind them that smoking is like breathing dirty air.

3. Introduce children to the concept that people can make choices. They can choose to keep the air and their bodies healthy by not smoking.

Why Do We Need Clean Air? Lesson Idea (Spanish)

¿Por qué necesitamos aire limpio?

Objective

- Recognize that tobacco smoke is bad for the heart.

Materials

- Pinwheel

Explore

1. Blow on the pinwheel to make it turn. Ask children what made the pinwheel turn. *¿Qué hizo girar el molinete?* Confirm that it was the air you blew. *Fue el aire que soplé.* Tell children that we can't see air, but we know it is there. *El aire no se puede ver, pero sabemos que existe.* Point out that we need air to live. *Necesitamos aire para vivir.*

2. Explain to children that air has something in it called oxygen, which their bodies need to live, and that the heart pumps blood, which is filled with oxygen, throughout their bodies. *El aire tiene algo llamado oxígeno, que nuestro cuerpo necesita para vivir. El corazón bombea sangre llena de oxígeno por todo el cuerpo.* Take children outdoors and have them take a deep breath, run a short distance, stop and take another deep breath. *Vengan conmigo al patio. Respiren hondo y corran. Paren y vuelvan a respirar hondo.* Point out to children how good it feels to breathe clean air. *¡Qué sensación tan buena es respirar aire limpio!* Give the following cheer and have children repeat it: *¡Aire limpio, aire limpio! ¡Nos gusta el aire limpio!* We care, we care! We care about clean air! Ask how they would feel if they had to breathe smoke from a factory or cigarette instead of clean air. *¿Cómo se sentirían si tuvieran que respirar humo de una fábrica o de un cigarillo en vez de aire limpio?* Remind them that smoking is like breathing dirty air. *Recuerden que fumar es como respirar aire sucio.*
3. Introduce children to the concept that people can make choices. *Todos podemos tomar decisiones.* They can choose to keep the air and their bodies healthy by not smoking. *Podemos decidir no fumar para mantener limpio el aire y para ser sanos.*