

# Lung and Diaphragm



30 minutes

## What You Will Do

Model how your lungs and diaphragm work together.

## Get it Together

- ◆ 16-ounce plastic soda bottle
- ◆ 2 9" balloons
- ◆ Electrical tape
- ◆ Straw
- ◆ Canning lid (same diameter as the bottle)
- ◆ Modeling clay
- ◆ Scissors

## Procedure

1. Cut the bottom portion off the bottle.
2. Cut the straw to 5".
3. Tape one balloon to the end of the straw.
4. Suspend the straw through the top bottle opening with clay. Make a tight seal.
5. Cut the narrow end off the second balloon and stretch it over the canning lid.
6. Insert the ring/balloon into the large open end of the soda bottle and seal it with tape.
7. Push and pull on the stretched balloon.

## A Closer Look

Your diaphragm is at the bottom of your chest. The stretched balloon represents the diaphragm. The diaphragm contracts and pulls down the bottom of your chest to help you inhale. When you pulled down on the stretched balloon, the inside balloon expanded, or inhaled, air. When you pushed up on the stretched balloon you saw the inside balloon collapse, or exhale.

### Attention!

Have an adult cut the bottom off the bottle.

