

30 mins



Get your child to take a deep breath into the paper lungs. What happens? Discuss how the model is similar to human lungs.

Science

Our lungs are amazing. On average, adults take about 25000 breaths every day.

Babies and children take even more breaths, slowing down as they grow up. The surface area of our lungs is enormous to allow for the gas exchange to happen. If the millions of tiny air sacs in our lungs were spread out flat they would be about the size of a tennis court!