

How I Breathe Parachute Game

The purpose of this activity is to help students understand how daily choices, behaviours and factors can affect one's body and overall health.

Materials:

- 1 parachute
- 1 basketball – to represent tobacco
- Several different sized balls to represent unhealthy behaviours, choices and factors that negatively affect health.

1. Have students sit on the floor around the parachute.
 - Discuss with students what 'healthy' means to them. Brainstorm daily healthy choices, behaviours and factors.
 - Discuss what 'unhealthy' means to them. Brainstorm unhealthy choices, behaviours and factors.
 - Discuss the location and function of the lungs and how healthy and unhealthy choices affect them.
2. Pretend that the parachute represents the body.
3. Explain to the students that each ball represents an unhealthy choice, behaviour or factor that negatively affects an individual's health. While the students move the parachute up and down, the teacher will call out unhealthy choices, behaviours or factors. Every time the teacher calls out an unhealthy choice, the teacher will add a ball. Each student will take a turn and call out a healthy choice, behaviour or factor which will result in the removal of one of the balls. The students will begin to realize that unhealthy choices (the balls) make the body (parachute) more difficult to function (move). This will allow students to have a better understanding of what "healthy" and "unhealthy" look like, sound like, and feel like.
4. The teacher will call out "tobacco" and throw on a basketball (heavy ball). This will make the parachute more difficult to move. In order to remove the basketball from the parachute a student must call out a healthy choice related to tobacco (e.g., quit smoking, smoke-free home, no smoking allowed in restaurants, etc.).
5. Once all of the balls are removed from the parachute, debrief the activity with the discussion questions.

How I Breathe **Parachute Game Debrief**

Debrief Questions and Reflections:

Questions

1. What did the parachute represent?
2. What did the basketball represent?
3. What did the other balls represent?
4. How many lungs do we have?
5. Where are our lungs located?
6. What is the function of the lungs?

Reflections

1. Describe what happened to the parachute (representation of the body) when the balls were added (representation of unhealthy choices). This will allow students to better understand what unhealthy feels like.
2. Describe what happened to the parachute (representation of the body) when the balls were removed (representation of healthy choices). This will allow students to better understand what healthy feels like.
3. Review some of the daily healthy behaviours that were called out during the activity to remove the balls. Ask why these daily behaviours are important.
4. Have students hold their rib cage and take a deep breath in and then out. Have students note what happens to their rib cage when they inhale and exhale.
5. What happens if your lungs are not healthy? Why is smoking unhealthy?
6. What are some of the daily opportunities that we can do to take care of our body and lungs in order to be healthier?