Grade

KNOW TOBACCO...

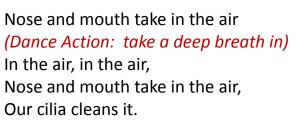
Think. Learn. Live.

How I Breathe Song and Dance

Note: Have the students sing and dance to the song!

Tune: Head and Shoulders, Knees and Toes

Head and shoulders knees and toes, Knees and toes, Knees and toes, Head and shoulders, knees and toes, Heart, brain, mouth and nose. (Dance Action: point to specified body parts)



(Dance Action: windshield wiper action with your hands)



(Dance Action: make a diving action followed by a Tarzan chest beat)

My two lungs, my two lungs,

Down the windpipe to my two lungs, this is HOW I BREATHE!

(Dance Action: big inhalation through nose, big exhalation through mouth)

