

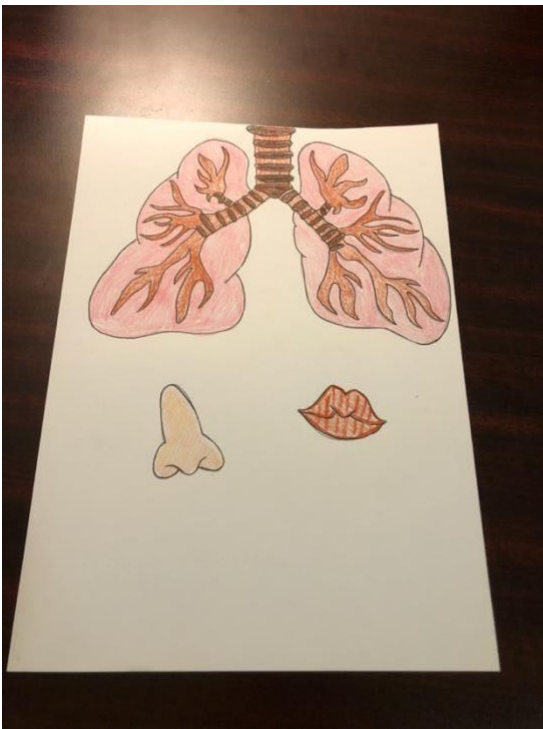
# Make your own inflatable lungs!

## Here's what you'll need:

- 1) Long straws (if you can't find any, you can attach two straws together by fitting one straw into the other and taping around the entry point)
- 2) A pair of scissors (with adult supervision)
- 3) Tape
- 4) Two plastic bags (sandwich bags work perfectly)
- 5) Double stick tape or glue depending on your preference
- 6) Drawing of lungs, lips, and nose on standard white paper.

## Instructions:

**Step 1-** Begin by printing off the template at the end of this document, or by drawing your own pair of lungs following our template if you so choose. Color your picture and cut it out



**Step 2-** Tape two straws side by side with the tape as shown below and glue or use the double stick tape to attach your nose and lips to the straws.



**Step 3-** Tape the cutout of the lungs to the back of the straws below the lips (make sure to leave the bottom half below the bend of your straw free to attach your plastic bags).



**Step 4-** With supervision, cut the zipper part of your sandwich bags off and tape a bag to each end of the straw tightly so that no air can escape.

**Step 5-** Blow in and watch the “lungs” expand when they receive air and deflate when air goes out.

See next page for template!

**Win a prize!**

Post a picture of your finished lungs and post on Instagram or Facebook with the hashtag #RVUSUFallHealthFair or email to [marketing@rvu.edu](mailto:marketing@rvu.edu).



