



# GATEWAY REGION YMCA MODEL LUNG

How do your lungs work? In order to inhale air, your diaphragm must contract (pull down) for your lungs to expand and bring in air. When you exhale, your diaphragm relaxes (rises) helping your lungs push the air back out.

## Supply List

- Plastic bottle (any size)
- 2 balloons (preferably different colors)
- Scissors

## Instructions

1. Cut the bottom off of the bottle
2. Place a balloon inside the neck of the bottle and stretch the opening of the balloon over the opening of the bottle.
3. Cut the skinny portion of the second balloon
4. Stretch the second balloon over the bottom of the bottle, be sure to center the balloon as much as possible.
5. Try pulling the second balloon down!

For more information about this activity visit:  
[gwymca.org/blog/steam-activity-model-lung](http://gwymca.org/blog/steam-activity-model-lung)



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