Science Experiment

“Build a Lung Model” activity.

Science Experiment: How the Diaphragm Helps Us Breathe

Title of the Experiment

Write the title of your experiment:

_____

_____

(Suggestion: *“How the Diaphragm Helps Lungs Expand and Contract”*)

Objective / Goal

What are you trying to find out in this experiment?

_____

_____

_____

_____

(Suggestion: To understand how the diaphragm helps us breathe by expanding and contracting the lungs)

Materials Needed

- Clear plastic bottle
- 2 balloons
- Scissors (ask an adult to help)
- Tape or rubber band

Hypothesis

What do you think will happen when you pull the bottom balloon down?

_____
_____

_____
_____

Procedure

1. Cut the bottom off the plastic bottle (with adult help).
2. Attach one balloon to the mouth of the bottle and let it hang inside – this is the “lung.”

3. Stretch the second balloon over the cut end of the bottle – this is the “diaphragm.”

4. Pull the bottom balloon (diaphragm) downward and watch what happens.

5. Push the bottom balloon upward and observe again.

Put a tick next to each step as you do it.

Observations

What did you see when you pulled the bottom balloon (diaphragm) down?

_____
_____

What happened when you pushed the balloon (diaphragm) up?

_____
_____

Conclusion

What did you learn about how the diaphragm helps us breathe?

_____
_____

_____
_____

Quiz – Test Your Understanding

1. **What part of the model acts like the lungs?**

   _____
   _____

2. **What happened to the balloon inside the bottle when you pulled the bottom balloon down?**

   _____
   _____

3. **What does the diaphragm do when we breathe in?**

   _____
   _____

4. **How is this model similar to how we breathe in real life?**

   _____
   _____

5. **What gas do we take in when we breathe, and what gas do we release?**
