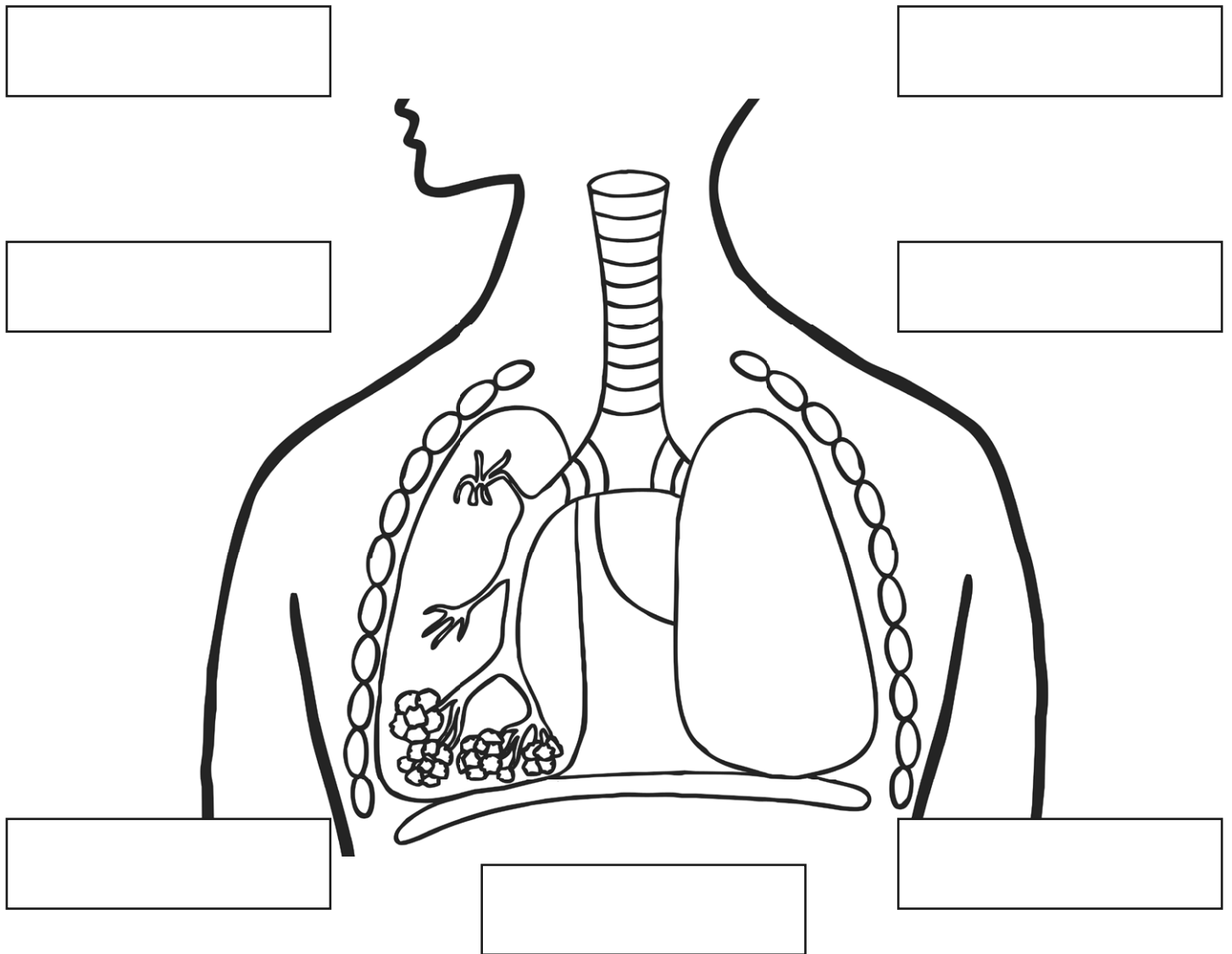


# The Human Lungs

Sighing is the act of taking ones breath on top of another breath and scientists have found that we need to do it at least twelve times an hour to avoid damaging our lungs.

Use the internet or non-fiction books to learn more about the lungs.

Label the parts of the lungs on the diagram below.



You could also try to find out:

- how the brain regulates breathing;
- what happens after we breathe in;
- what the air we breathe is made up of.

