

45 min
Science
Workshop



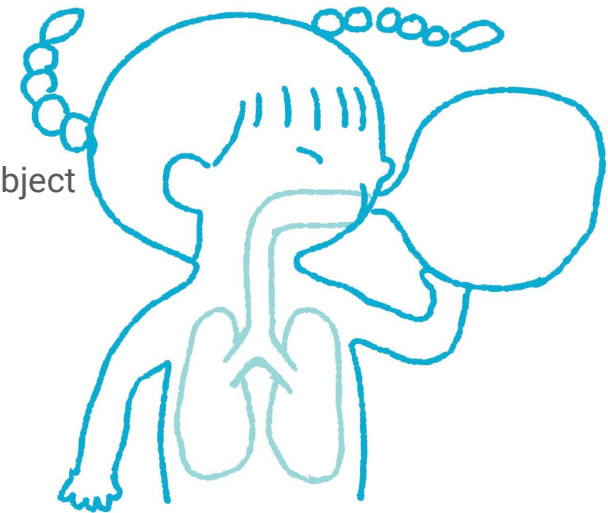
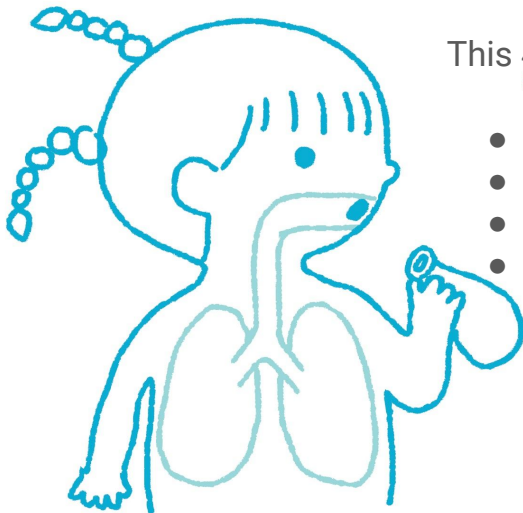
Ages
3-8

Learn-Through-Play Workshop

This OKIDO downloadable workshop is designed for families and can be easily delivered in the home by YOU. It is designed in collaboration with the British Science Association and follows learning to facilitate Early Years and KS1 development using easy-to-find objects from around the home.

This 45 minute learn-through-play workshop includes:

- Watch an episode of Messy goes to OKIDO together
- Discuss the science with easy-to-follow pointers around the subject
- Complete a make-and-do science activity
- Reinforce the learning with a fun, follow-up worksheet



Theme - **My body**
Subject - **Breathing**

For lots more workshop activities subscribe to OKIDO Magazine at www.okido.com

Watch and learn together

Together with your child, watch this 10-minute episode of Messy goes to OKIDO - 'Gills'.

[Link to Gills episode](#)

In this episode, Messy wants to know how fish stay underwater for so long? So off he goes to OKIDO to see if he can get some help.

Messy and the gang delve into Felix and Zoe's treasure box and see an old coin from a shipwreck that Felix found on the beach. They explore underwater and find out where the coin came from and find out how fish breathe differently to humans - they use **gills** to get their **oxygen** whereas we use our **lungs**.

Messy and his friends also learn about leaving things where they belong on the planet.

Talk about the science

Right after watching, ask your child some questions about what they've seen:

- What is the shiny thing that Felix found?
- Who took Felix's coin into the sea?
- What did they need to wear to go underwater?

Now talk to your child about what they've learned about breathing:

- What do we breathe?
- What's the name of the organ in our body that we use to breathe in oxygen?

If your child asks a question that you don't know the answer to - just investigate together to find out!



Don't worry - all the information you need to know is explained in the episode :)

New words: Oxygen, lungs, gills



Now make some paper bag lungs

You will need:

- Two paper bags
- Two paper straws
- Paper tape
- Pens or pencils - pink and red

First, ask your child to notice their breathing. Now ask them to do some exercises - ten star jumps or running on the spot for thirty seconds - and see how their breathing has changed. That's their lungs working harder to get more oxygen around their body which is needed when we exercise.

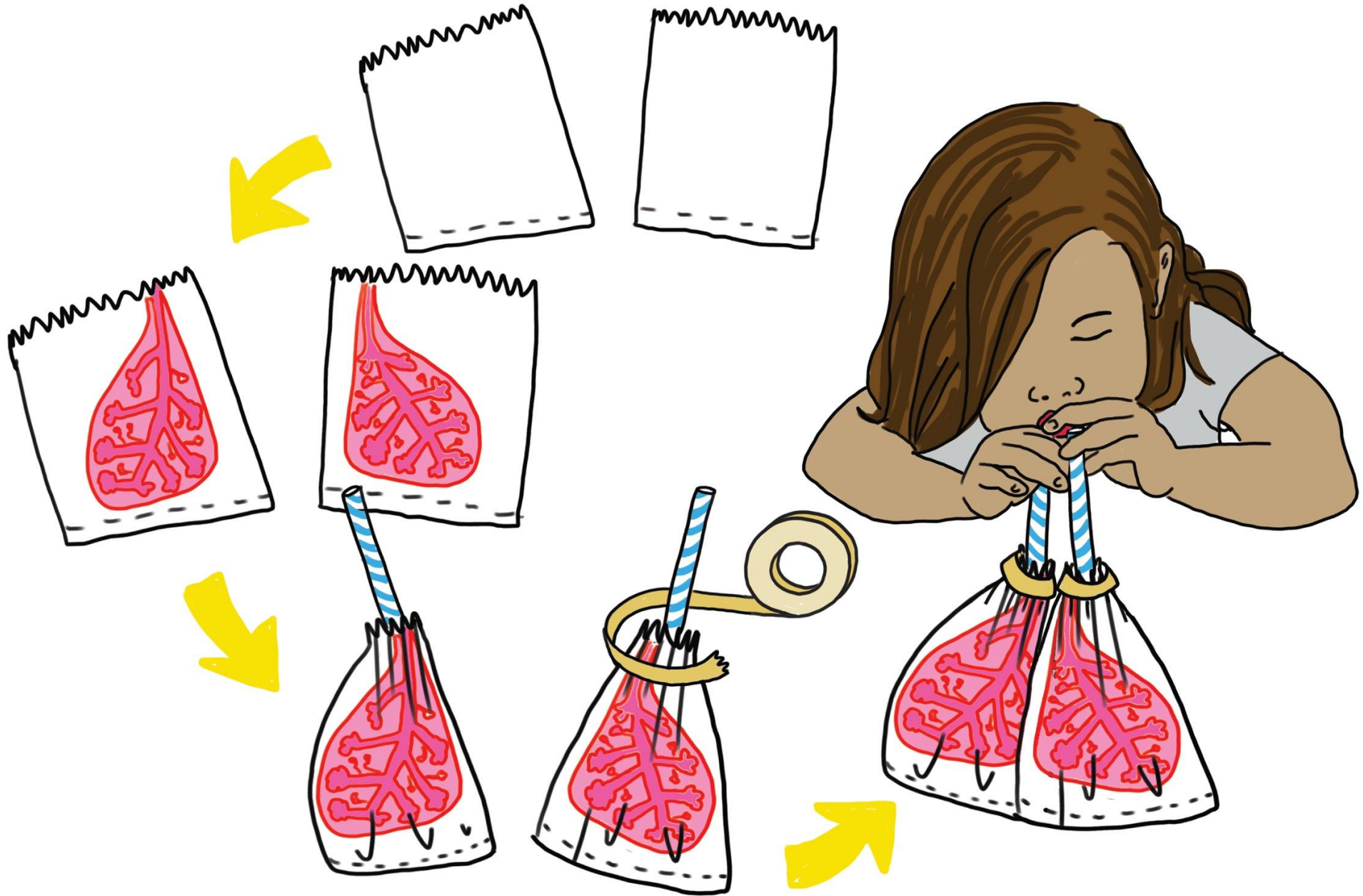
- Next, draw the outline of a lung on each of the paper bags and ask your child to colour in.
- There's an example to copy on the next page. Remember - healthy organs are pink and red in colour!
- Put the end of each straw into the top of a bag, scrunch to close and then tape securely to make sure no air can escape or get in. Be careful not to crush the straws - these airways need to be kept open in order for it to work.
- Hold the two straws in your mouth and blow out to see the paper bag lungs inflate.

Experimenting and data collecting

- Depending on their age you can ask them to perform more difficult physical movements such as walking backwards, hopping on one foot etc. It's fun to make a note of when these challenges are achieved in a kind of 'memory book' for your child :)
 - Great balancing is a **life skill** that will help your child right up until their old age - so try and practice some balancing every day.
- You can also notice how the bags deflate like lungs do - by breathing in through the straws. Be careful to only do this once or twice in case your child becomes hyperventilated.
- To demonstrate safely - you, the adult, can show them.

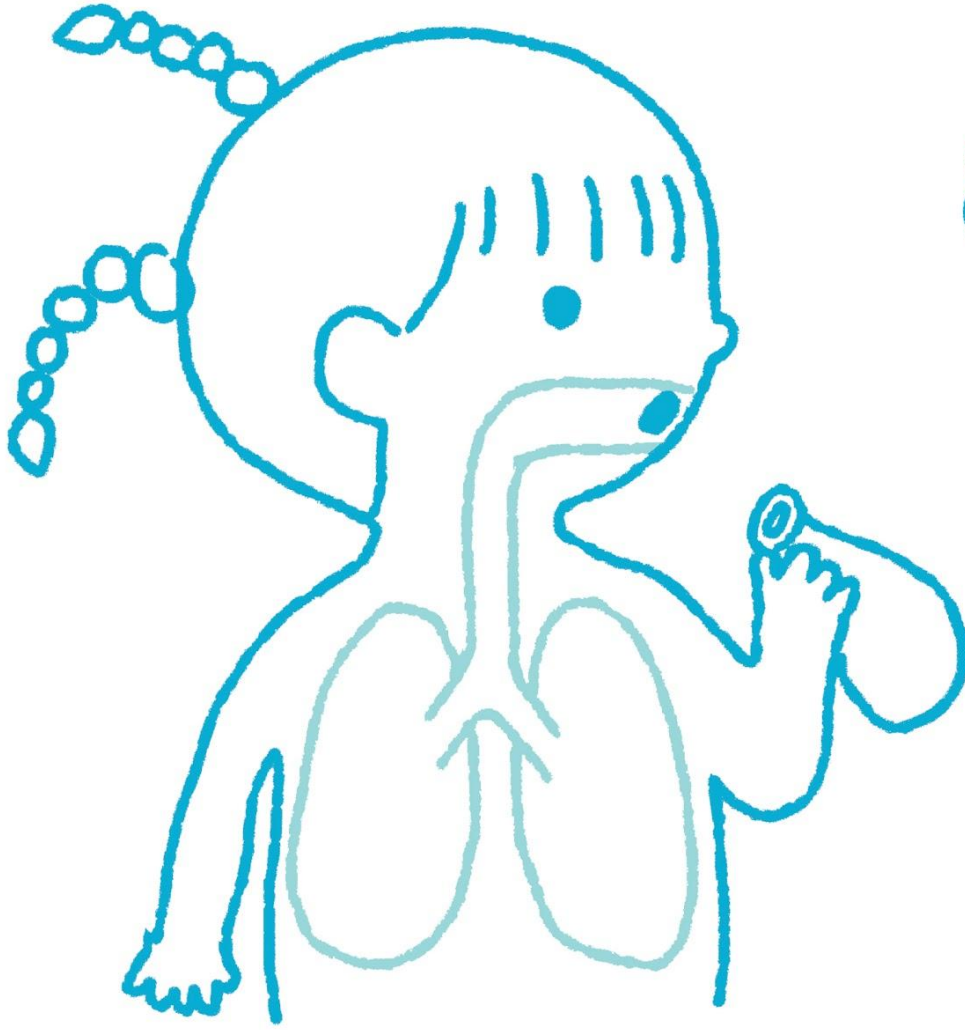
Explain to your child that all the materials used in this activity can be easily recycled. Take the paper bag lungs apart when you have finished with them and pop them into the recycling bin.





Let's blow-up this balloon!

Colour-in the air in the lungs.



Now colour-in the air in the balloon.



Walk to school

Trace the 3 different ways to go to school.
Which path has the cleanest air?

