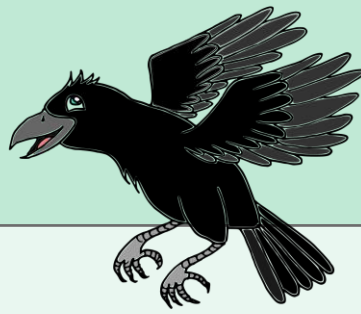


Clean Air Week Lung facts!



Basic Facts.

1. You have two lungs – one on the left and one on the right.
2. Your left lung is smaller so your heart has space to fit next to it.
3. Lungs help you breath in oxygen and breath out carbon dioxide.
4. An average person breaths about 20000 times per day!
5. When you breath

How Traffic Pollution Affects Lungs.

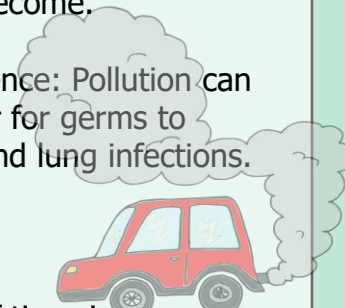
1. Irritates your lungs: Polluted air can make your throat and chest feel scratchy or make you cough.
2. Makes breathing harder: People who breathe polluted air every day can feel tired or short of breath when running or playing.
3. Triggers asthma: Pollution can cause asthma attacks or make asthma worse.

Keeping lungs healthy.

1. If it's safe – walk or cycle to school. Exercising and being active makes your lungs stronger & healthier.
2. Encourage carpooling or public transport – fewer cars means cleaner air.
3. Avoid pollution – stay away from car fumes, smoke or dusty areas when possible.
4. Plant trees and flowers – they help clean the air!



4. Hurts lung growth: In kids, lungs are still growing – dirty air can slow down how big and strong they become.
5. Weakens defence: Pollution can make it easier for germs to cause colds and lung infections.



Cool Lung facts!

1. Lungs are like sponges – soft and full of tiny air pockets.
2. If you stretched out all the airways in your lungs, they would cover the size of a tennis court!
3. When you laugh, sing, or blow up a balloon – you're giving your lungs a fun workout! **The Green Schools Lung Art competition is a great way to exercise your lungs!!**

