

# ASSEMBLY SCRIPT FOR BREATH IS LIFE

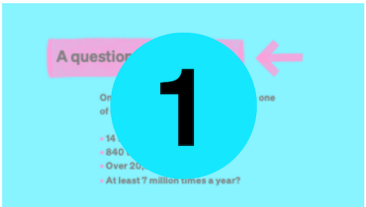



## Aim:

To become aware of the main lung conditions that affect people in the UK and to learn how we can support good lung health.



## Entering the assembly:

You may wish to play calming music as the students enter the room.

Instructions and teacher notes	Presentation slide
<p>Ask pupils the questions that appear on Slide 1 (What does everyone in this room do an average of 14 times a minute? 840 times an hour? Over 20,000 times a day? Over 7 million times a year?). Take suggestions from pupils if they wish to respond.</p>	
<p>Reveal the answer on Slide 2. Invite pupils to take a deep breath in, then exhale. Ask them to consider which body parts are involved in the breathing process.</p>	

Instructions and teacher notes	Presentation slide
<p>Show the title slide and introduce the assembly topic on lung health and lung conditions.</p>	
<p>Ask the pupils what lungs are and take their suggestions. Read the definition on the slide and refer to the image.</p>	
<p>Ask the pupils if they have ever heard of the lung conditions as they appear on the slide. If time allows, you may wish to ask pupils what they know and how they know.</p>	
<p>Explain that some lung conditions are very rare. However, it is likely that many pupils will have heard of asthma, coronavirus and long COVID.</p>	
<p>Ask the pupils to raise their hands if they have heard of asthma then go through the information on the following slide.</p>	
<p>The chances of someone in the room having been diagnosed with asthma, or a family member, is extremely high.</p>	
<p>Ask the pupils to raise their hands if they have heard of cystic fibrosis (CF) and go through the information on the following slide.</p>	
<p>Again, be aware that there may be students present who have either been diagnosed with CF or have loved ones that have been diagnosed and be mindful of this.</p>	

Instructions and teacher notes	Presentation slide
<p>Ask the pupils to raise their hands if they have heard of COPD (chronic obstructive pulmonary disease) and go through the information on the next slide.</p>	
<p>There may well be students present who have relatives who have – or had – COPD, particularly grandparents. Use the information on the slide to explain a bit more about this collection of lung conditions.</p>	
<p>Ask the pupils to raise their hands if they have heard of pneumonia and go through the information on the following slide.</p>	
<p>Many pupils will probably be aware of the term pneumonia after being told they will catch it if they don't come in from the rain or fail to put a coat on. However, some may have lost elderly relatives such as grandparents or great grandparents to pneumonia so be aware that it is still the cause of large numbers of deaths amongst the elderly.</p>	
<p>Ask the pupils to raise their hands if they have heard of tuberculosis and go through the information on the next slide.</p>	
<p>You may choose to emphasise how something that people lived in dread of and that killed more people than anything else just 150 years ago is now largely unspoken of. And that this is thanks to scientific research and advances in medicine.</p>	
<p>The next section of the presentation is about lung health in general.</p>	
<p>Introduce Asthma + Lung UK and describe the work they carry out from the information on the slide.</p>	

Instructions and teacher notes	Presentation slide
<p>Air pollution is a major contributor to causing lung conditions and exacerbating symptoms. Go through the small steps everyone can take that can contribute to reducing air pollution and improving air quality.</p>	
<p>Go on to look at various ways we can all look after our lungs.</p>	
<p>End the assembly with the closing slide. You might like to invite pupils to close their eyes and take some deep breaths in and out, focusing on their breathing and ask them to take a moment to be grateful for healthy lungs and air to breathe.</p>	