# ASSEMBLY SCRIPTFOR BREATH



### 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.

### 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. 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.

Instructions and teacher notes	Presentation slide
Show the title slide and introduce the assembly topic on lung health and lung conditions.	BR 3 H
Ask the pupils what lungs are and take their suggestions. Read the definition on the slide and refer to the image.	What are lungs?  rely important organs in the human our dreak, protected by our did by the hyporthy gare bigger as in the human our dreak, protected by our did by the human our dreak, protected by our did by the human our dream of the human our dream our dream of the human our dream o
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.	Raise your hand the ever heard of  These a
Explain that some lung conditions are very rare. However, it is likely that many pupils will have heard of asthma, coronavirus and long COVID.	Lung condity There are lasts of day conditions. Some in conditions. Some in common and affect Others are a lot me Last learn as bit abox common lang condits, might already know abox these.
Ask the pupils to raise their hands if they have heard of asthma then go through the information on the following slide.	7
The chances of someone in the room having been diagnosed with asthma, or a family member, is extremely high.	Asthma is a very lung condition  Meet Invite They have set of the property of the property of the property of the property of the set of the property of the set of the property of the set of the property of
Ask the pupils to raise their hands if they have heard of cystic fibrosis (CF) and go through the information on the following slide.	9 is
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.	Cystic fibrosis is a hose ditary lung condition  Martina They have spell for measurement they dealed and colored they have the condition counsed by indicate and doubte. They have been and doubte they have been and they need a  make they need in colored they years and they not an inpoint  and have been they do  make CF symptoms worse.

Instructions and teacher notes	Presentation slide
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.	11 .ive .aso)
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.	COPD is a common  Met I amo They has COPD related the bit between COP related the bit between COP related they use it only treatments they use it only treatments they use it only and only the common
Ask the pupils to raise their hands if they have heard of pneumonia and go through the information on the following slide.	13
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.	Pneumonia (pronounced passe-moan-ee-a) is a type of chest infection  Mate its. The observation is a state of the state of
Ask the pupils to raise their hands if they have heard of tuberculosis and go through the information on the next slide.	15
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.	Tuberculosis is caused by a pacterial infection of the lungs.  Maximum, they are pointy in the control of the lungs of the page of the control of the page of the control of the page of the control of t
The next section of the presentation is about lung health in general.	17
Introduce Asthma + Lung UK and describe the work they carry out from the information on the slide.	Asthma + Lune Asthma The charity augoritä conditions and givens as They sale money to fee find see ways to displace long condition. They also investigate all quality is for clearer an

## 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. Go on to look at various ways we can all look after our lungs. 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.