



## KS2 Primary School Assembly Notes

### **Slide 1 (“Clean Air” artwork attached to a school’s railings)**

This is the holding slide as people come in and settle.

Introduce yourself. (Hi I’m xxx, I live here in xxx and I have xxx children, and my favourite colour is xxx - something personal to break the ice!). (If you’re doing this as part of Mums for Lungs, here’s a suggested sentence to say: I volunteer with a group called Mums for Lungs. We’re a group of mums, dads, grandparents and children who are worried about air pollution). I’m here to talk with you about the air that we all breathe, and why it’s so important.

### **Slide 2 (What do we use our lungs for?)**

Pose the question and ask the students to whisper ideas to each other – give them 1 minute then ask for feedback. If students only mention breathing in – ask them about blowing out.

### **Slide 3 (Candle, kisses, dandelions, balloons etc)**

Show students the slide – hopefully a lot of these will have been mentioned. If you have access to a wind or brass instrument – ask a student to try blowing down it (use antiseptic wipes in between if more than one person has a go). Explain that it might be easier for an adult to do this and ask why? (they have bigger lungs)

### **Slide 4 (What do our lungs do – Broccoli)**

Explain - Your lungs are one of your biggest organs. When we breathe the oxygen passes into our lungs into our alveoli – it looks a bit like broccoli!

From there the oxygen passes through our lung walls and gets transported around our body. We then breathe out the waste product carbon dioxide. Ask everyone to take in a nice big breath and breathe out.

Did you know that if you spread out the surface of your alveoli you could cover an entire tennis court!

### **Slide 5 (How many times do we breathe in a minute?)**

Pose this question and ask for answers – you could time one minute and let the students count their breaths.

### **Slide 6 (Baby, young child, 12 year old)**

Show the group the pictures of children, ask them to discuss who takes the most breaths in a minute and why. They might want to try guessing the answers.

1-2 yr old = 30-35 breaths per minute

2-5yr old 25 -30 breaths per minute

5-12 yr old 20-25 breaths per minute

Adult at rest around 15 breaths per minute

Emphasise that younger children have to take in more breaths because they have smaller lungs.

### **Slide 7 (Love our lungs)**

I'm here today to encourage you to love your lungs – they're amazing!

Our lungs start growing when we are just a tiny baby still in our mother's tummy. They then continue to grow and develop up until we're 18.

### **Slide 8 (What is air pollution?)**

So, if our lungs are still developing and if we take more breaths than grown-ups it's really important that we breathe clean air

I'm here today to tell you a bit about air pollution and what we can all do to protect ourselves.

Air pollution is mostly made up of invisible gases:

Nitrogen dioxide = these are harmful gases produced from burning fossil fuels

PM = put very simply these are microscopic solids (dust and soot) that can pass through your lungs into your bloodstream, they are roughly 30x smaller than the width of a human hair  
(You don't need to go into too much detail)

### **Slide 9 and 10 (What creates air pollution?)**

Ask students to discuss the question with a partner and suggest answers – then show them the images – **slide 10**. Explain that actually the most polluting image is the open fire and is worst for our health. (followed by woodburning stove, diesel trucks and cars, petrol cars etc)

Ask which is the healthiest mode of transport? – walking, cycling, scooting

Explain that some buses pollute but they can hold 100 passengers so that removes a lot of cars from the road

*NB. This can also be run as a hands-on activity in a classroom – either cutting out the pictures with a group and ordering them or ranking them in an order. The main point is the discussion between students followed by your explanation.*

### **Slide 11 (What can we do?)**

Ask the students to discuss this question and suggest answers.

### **Slides 12 - 15**

Talk through each slide

### **Slide 16 (Children at post box image)**

You have so much power – you can change people’s minds simply by telling them about what you’ve learned today. That lungs are amazing, that our lungs keep growing until we’re 18, that we need to breathe clean air to keep us healthy

If appropriate – talk about School Streets and raising awareness in assemblies etc, walking to school whenever it is possible etc

*NB: If this is being used as a lesson/workshop you could ask them to all jot down one thing they have learnt today or one thing they plan to do (for example -tell someone about today, walk to school every Wednesday etc)*

### **Slide 17 (Examples of action – letters, pictures, artwork)**

Thank everyone for listening, and encourage them to love their lungs! Finish on this slide if it is an assembly or workshop.

### **Slide 18 (Mums for Lungs contact details)**

Just in case you need to share with staff or parents

**Resources – these are all optional and are more useful in a classroom setting where you have longer to run a session**

- Musical instrument – trumpet, clarinet etc
- Antiseptic wipes for the above instrument
- Photocopied sheet of different transport – use slide 10
- Scissors
- Post it notes or paper to write promises/actions for the future