



Respiratory System

Focus Factor Worksheet

Part 1: The Breath of Life

1. The respiratory system's main job is to bring _____ into the body and release _____.
2. The main organ of this system is the _____.
3. The large muscle that helps you breathe in and out is called the _____.
4. Every time you breathe in, you are connecting with the _____ around you.

Part 2: Lungs, Breath, and Emotion

1. In Chinese medicine, the lungs are connected to the emotion of _____.
2. The large intestine is the partner organ of the lungs and both teach the lesson of _____.
3. When we take slow, deep breaths, our nervous system becomes more _____ and our body feels more _____.

Part 3: Holistic Habits

- Which of the following helps improve lung capacity and calm the mind?
 - a) Deep breathing
 - b) Holding your breath for long periods
 - c) Breathing quickly through your mouth



- Which activity helps expand the chest and improve oxygen flow?

- a) Sitting slouched on the couch
- b) Yoga poses and walking outdoors
- c) Holding in your breath during stress

- Which nutrient helps the lungs fight inflammation?

- a) Vitamin C
- b) Omega-3 fatty acids
- c) Sugar

Check all that apply:

Healthy habits for your lungs include:

- ☐ Drinking plenty of water
- ☐ Spending time in clean air
- ☐ Avoiding smoke and heavy fragrances
- ☐ Taking short, shallow breaths

Part 4: Herbal Allies for the Respiratory System

Match the herb to its main action:

- | | |
|---|----------------------|
| 1. Moistens and soothes dry lungs and throat | A.) Mullein |
| 2. Clears mucus and strengthens lung tissue | B.) Thyme |
| 3. Opens airways and clears congestion | C.) Peppermint |
| 4. Warming herb that supports clear breathing | D.) Marshmallow root |

Short Answer:

How are your lungs and trees connected?

Describe one way you can take care of your lungs and the planet at the same time.
