

The Diaphragm: Breathing Muscle

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Understanding the Respiratory System

Name: _____

Date: _____

Answer the following questions based on what you learned about the diaphragm and breathing.

1. What shape is the diaphragm?

- A. Flat
- B. Dome-shaped
- C. Square

2. Explain how the diaphragm helps us breathe. Include its actions when it contracts and relaxes.

3. The diaphragm is a voluntary muscle that we can control consciously.

- True False

4. The Spirit of God has made me, and the breath of the Almighty gives me ____.

5. What does the diaphragm do when it contracts?

- A. Pushes air out
- B. Creates space for lungs
- C. Makes us think about breathing

6. Why do you think God designed breathing to happen automatically?

7. The diaphragm moves air in and out of the lungs.

- True False

8. When the diaphragm relaxes, it pushes air ____ of the lungs.

9. What material did we use to create our lung model?

- A. Plastic bags
- B. Balloons and bottles
- C. Paper and tape

10. Describe how our lung model is similar to real human breathing.

Answer Key

1. Dome-shaped 2. The diaphragm contracts to create space for the lungs to expand, and when it relaxes, it pushes air out. 3. False 4. life 5. Creates space for lungs 6. So we can focus on other things without worrying about breathing. 7. True 8. out 9. Balloons and bottles 10. The model shows how the diaphragm's movement creates space for air to enter and exit, just like in our lungs.

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