

Feedback Report to ELF on  
Healthy lungs for life event - *“I want to breathe”*  
By Croatian Association for Lung Cancer Patients Jedra

The activity *“I want to breathe”* was aimed for educating kindergarten teachers. The goal is to educate about the importance of proper breathing and leading to public health problems related to respiratory diseases, risk factors with an emphasis on smoking. Due to the devastating earthquake in Zagreb in March 2020. and the COVID-19 pandemic, the educational program was moved to the online environment. Through Webex we organized education for thirteen educators from four kindergartens.

The program consisted of lectures consisting of project goals and activities, anatomy and physiology of the respiratory system, proper breathing techniques, presentation of the results of kindergarten teachers who were involved in the pilot project through three video presentations. We presented creative solutions, devices for increasing respiratory function, which are made of recycled material. After completing the training, thirteen educators received a certificate and continued to apply all project activities in kindergartens.

**Program on-line educational event *“I want to breathe”* 29th October 2020**

- **Introduction;** *Mrs Sandra Karabatić, MSN, RN, PhD student – President of Croatian Association for Lung Cancer Patients Jedra; Head nurse Unit of the Thoracic Oncology, Dept. For Respiratory Disesses Jordanovac, University Hospital Center Zagreb, Croatia & Mrs Sonja Srebačić, Kindergarten teacher – Siget Kindergarten, Zagreb, Croatia*
- **Anatomy and physiology of the respiratory system;** *Prof Sanja Pleština, MD, - Head of the Ward for Rare Thoracic Cancers, Dept. For Respiratory Diseses Jordanovac, University Hospital Center Zagreb, Croatia*
- **Proper breathing techniques;** *Mr Armin Kršlak, BSc– Physiotherapists at Ward of Physical Therapy, Dept. for Rheumatic Diseases and Rehabilitation, University Hospital Center Zagreb, Croatia*

- **Displaying results and activities in Siget Kindergarten;** *Mrs Sandra Helbet Kocijan, Mrs Jasna Arko, Mrs Nikolina Humić, Kindergarten teachers – Siget Kindergarten, Zagreb, Croatia*

*Please provide details of the activities you held as part of the HLfL campaign, including the dates and locations.*

The year 2020 was marked by a pandemic, due to which we moved all activities to the online environment. Thirteen kindergarten teachers applied for the training, which was held on October 29 via the webex platform, in duration of two and half hours. The presentation of the project in the introduction was done by Mrs Sandra Karabatić and Mrs Sonja Srebačić, who presented the short-term and long-term goals of the project and the method of project implementation and the given exact parameters how to monitor the project outcomes.

The results of previous years are presented, in which it is evident that children have mastered the basic concept of the structure and function of the respiratory system, they know how to define all the friends and enemies of breathing, they have adopted proper breathing techniques. After 6 months of participation, all children were able to inflate the balloon on their own, spray the paint through a straw, which resulted in a more branched picture. Children realized that proper posture is important for proper breathing, this is extremely important for preschoolers to preserve the spine. They learned the importance of physical activity but also the importance and space in which physical activity takes place.

Kindergarten educators received education on the anatomy and physiology of the respiratory system, risk factors for the most common respiratory diseases. Respiratory physiotherapist presented techniques for proper breathing and ways to improve respiratory function and thus improve the health of the whole organism.

Three kindergarten teachers who participated in the pilot project presented what it looked like in everyday work with preschool children; they reported that parents and children were satisfied with

the project in an internal survey, and expressed a desire to continue participating in the project when they continue in primary school.

All participants received certificates for the implementation of the project in their groups with children, written materials, and a video with the techniques of proper breathing and relaxation. They received a contact email for consultation during project implementation. They were also invited to present all the aids they have made with their children in November 2021, and the three most creative ones will be selected and awarded. An additional effect of the project itself was the fact that the children forced their parents to practice breathing techniques together at home and three parents stopped smoking.

*How did you use the grant you received?*

The grant was used for the technical organization of online education. All lecturers volunteered and the rest of the grant is planned as a reward for kindergarten educators, so that they could provide the necessary funds in materials for the continuation of the project.

*How many people benefited from the project or took part in any activities?*

Benefit for thirteen educators, each educator has their own group of fifteen children that will be include in the project. In that way the activities from the project will be carried out on a daily basis.

*What impact did the project have on people who took part? Please include evidence to support your answer (This could include case studies, interviews or surveys with your participants).*

The first influence the children mastered the techniques of proper breathing, relaxation techniques, learned to blow a balloon, taught friends and enemies of breathing, realized the importance of ventilating the room before and after exercise. They are environmentally aware because they used recycled material together with their educators to make aids to strengthen respiratory function, all through play and fun. Encouraging creativity through learning about health.

Before 2018, we had several TV shows in which children presented what they had learned. As part of the project, respiratory patrols were implemented: the project leader and pulmonologist visited the kindergarten and reported all activities that children learned in the project. As well as

interviewing parents during a kindergarten meeting where we wanted to find out how much parents were informed about their children's activities in kindergarten, parents knew all the details and some continue same activities at home. Last year, unfortunately, we were not allowed to enter the kindergarten or have organized parent meetings, but the educators regularly informed us about all the activities they carry out with the children.

*Please provide details of media coverage linked to your project (links to online articles, social media activity, images of newspaper/magazine cuttings, etc.)*

The press conference will held in November 2021, when we will present what has been done in the last year of working with children and then the three most creative solutions will be selected. Posts will be on the association's social networks, website and social networks of partners.

*How did your project support one (or more) of the Healthy Lungs for Life topics? Please include evidence to support your answer.*

This was on topic “*I will help someone stop smoking*”, we directly through the education of children act to prevent smoking at an early age and indirectly, to influence parents to stop smoking or at least not smoking indoors where they stay with their children. According to information received from parents, three parents stopped smoking and more than half were banned from smoking in their apartment or house.

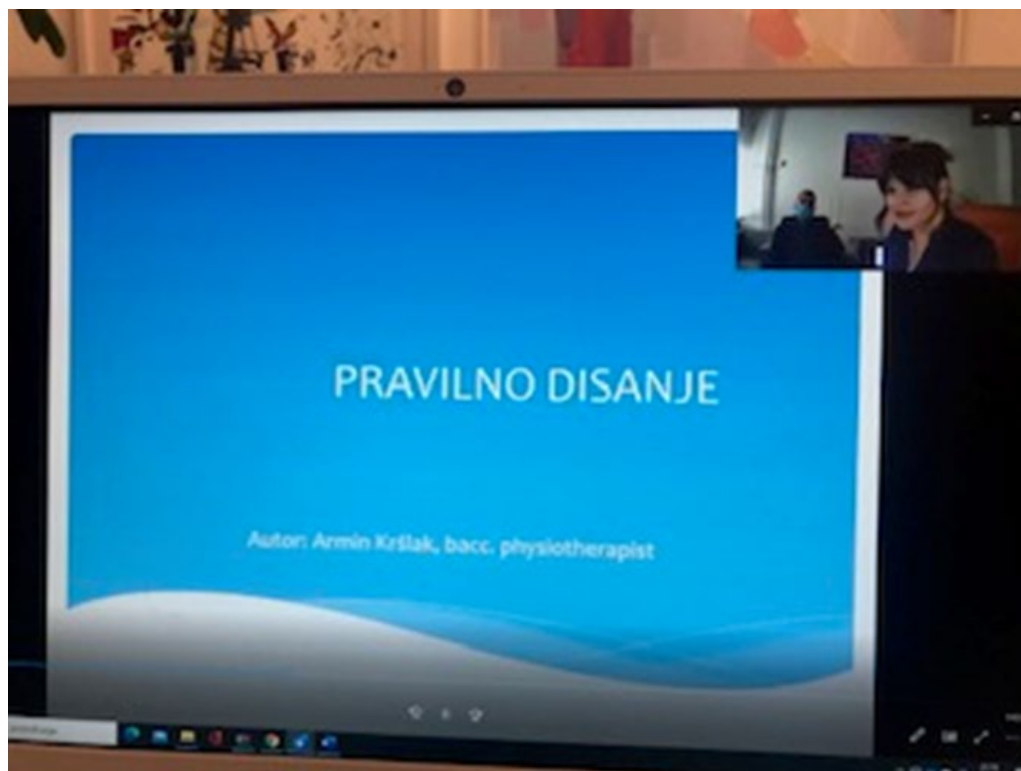
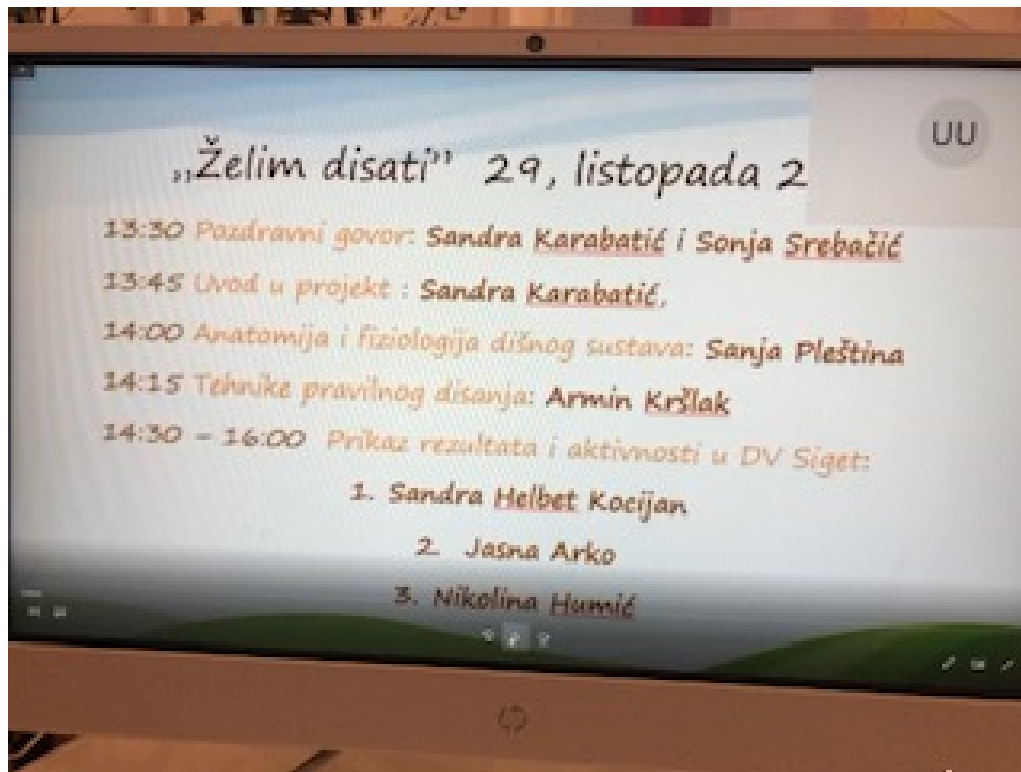
*Please state how much money you spent on your project. You may be asked for evidence of this.*

Making an educational video for the needs of kindergarten teachers with breathing exercises, recording, technical support in conducting online workshops and technical support in posting on social networking sites – 6.500,00KN – 870,00 €. The rest of the grant is intended as a reward for the best and most creative work.

*How did you acknowledge the Healthy Lungs for Life campaign and funding?*

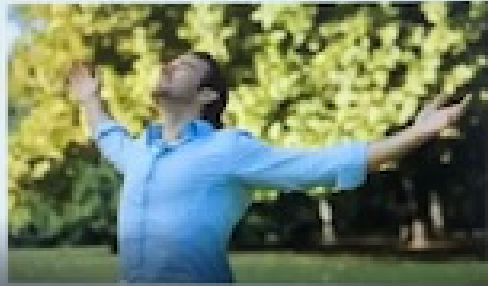
I have acknowledged the Healthy Lungs for campaign by posting, sharing your post on social media of the Croatian Association for Lung Cancer Patients

Please provide any quotes, case studies, photos, videos or screenshots of your activities.



# Disanje...

najvažniji životni proces ljudskog organizma



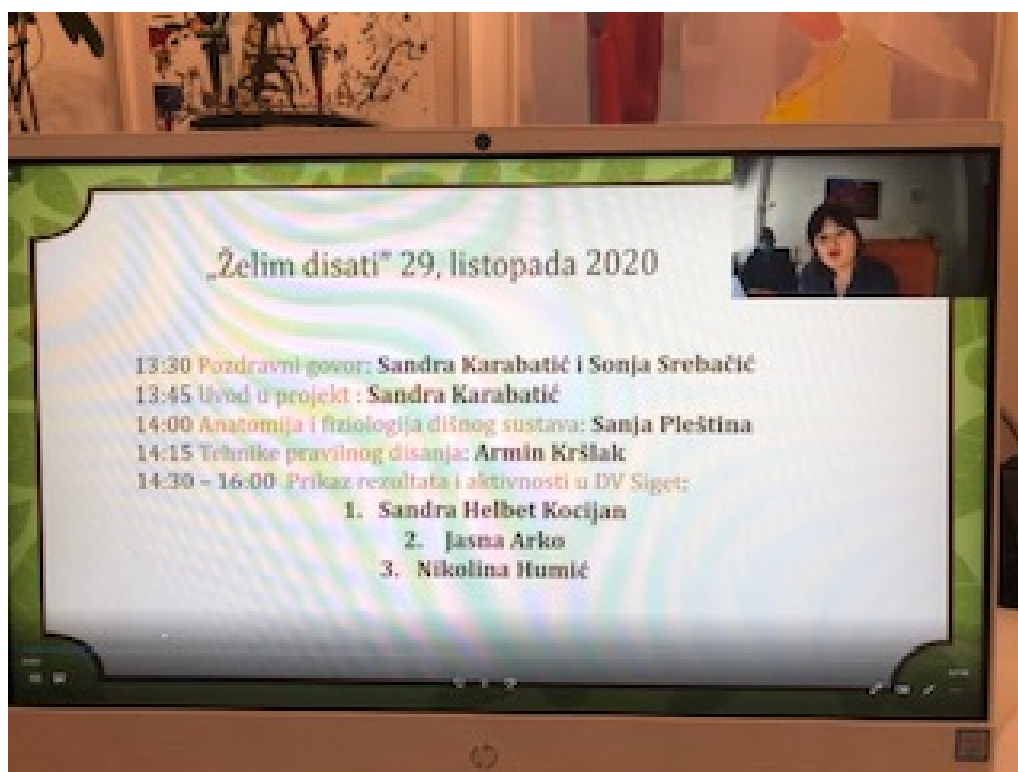
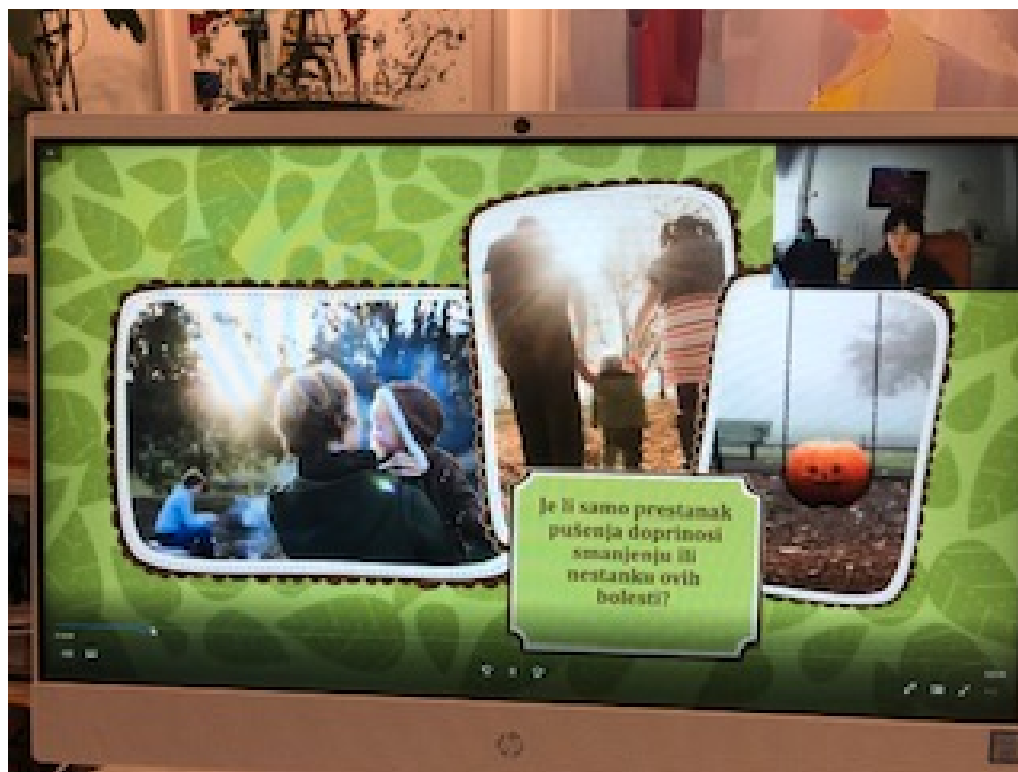
Doc. dr. sc. Sanja Pleština, prim. dr. med.  
KBC Zagreb KPS Jordanovac  
Medicinski fakultet Sveučilišta u Rijeci

film disanje-20201029 1227-1 (7)

## Suradnja

- Aktivnosti projekta će se bilježiti i voditi
- Ljubazno Vas molimo rezultate i aktivnosti projekta poslati na mail [udruga.jedra@gmail.com](mailto:udruga.jedra@gmail.com)
- Rezultati projekta ne smiju se objavljivati bez odobrenja autora projekta
- Po završenom tečaju svi polaznici dobivaju potvrđnice i obvezni su provoditi projekt
- Zadane aktivnosti su : puhanje balona, raspršivanje boje uz pomoć slamke, izrada plakata o prijateljima i neprijateljima disanja, provoditi vježbe disanja
- Ostale aktivnosti prepuštamo Vašoj kreativnosti koja nas je do sada oduševljavala

- <https://jedra.toraks.hr/vjezbe-disanja/>
- [https://www.youtube.com/watch?v=8Fn7IORHjco&ab\\_channel=UdrugaJedra](https://www.youtube.com/watch?v=8Fn7IORHjco&ab_channel=UdrugaJedra)





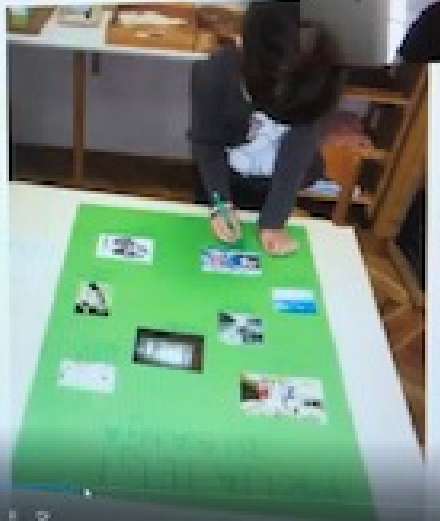
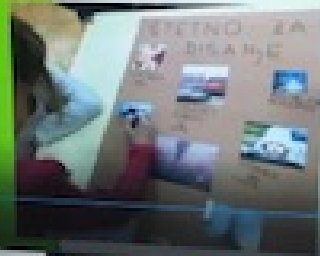


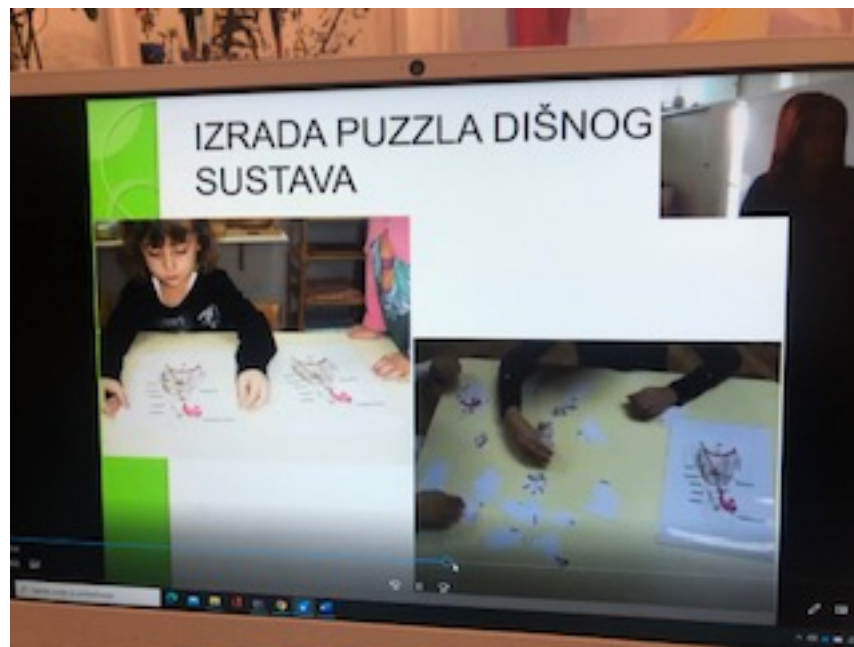


# RASPUHIVANJE TUŠA SLAMKOM



# IZRADA PLAKATA





## Ritmičke vježbe (1)

### • KRUŽENJE LAKTOVIMA

- ◇ provodi se u sjedećem položaju
- ◇ prsti ruku su na ramenu, laktovi u visini ramena
- ◇ vježba počinje cirkuliranjem kruženjem laktova prema naprijed – gore – straga – pa dolje
- ◇ napravi se 4 do 8 kružnica pa odmor.

