Deep Breathing

A. Choose the correct answer:

1. What happens when you take a deep breath?

    A) You feel more tired

    B) You get more oxygen in your body

    C) Your stomach gets full

    D) You become sleepy

2. Which part of the body helps you breathe?

    A) Heart

    B) Lungs

    C) Stomach

    D) Brain

3. What should you do while exhaling during deep breathing?

A) Hold your breath

B) Breathe in quickly

C) Slowly let the air out

D) Shout loudly

B. Fill in the Blanks:

1. Deep breathing helps us feel _____ and calm.

2. The _____ expand when we breathe in.

3. During deep breathing, we should breathe in through the _____ and breathe out through the _____.

C. Case Study:

Ravi's teacher taught the class about deep breathing to help them feel relaxed. He asked the students to practice deep breathing every morning.

• Ravi followed the practice regularly for two weeks.

• He noticed that he felt less tired and could focus better in class.

• His friend, Meena, often forgot to do deep breathing and felt tired quickly during games.
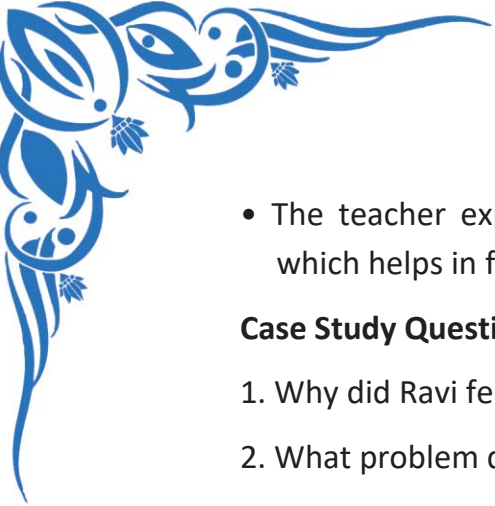
• The teacher explained that deep breathing gives more oxygen to the body, which helps in feeling fresh and active.

Case Study Questions:

1. Why did Ravi feel more active after practicing deep breathing?

2. What problem did Meena face because she did not do deep breathing?

3. How does deep breathing help the body?

4. Why did the teacher ask the students to practice deep breathing every morning?

D. Short Answer Questions:

1. What is deep breathing?

2. How does deep breathing help us relax?

3. When can you practice deep breathing?

E. Long Answer Questions:

1. Explain how deep breathing helps to keep the body healthy.

2. Describe the correct way to practice deep breathing.

3. Why is it important to breathe in slowly and deeply?