



Respiratory System and Deep Breathing

A. Fill in the Blanks

Word Bank: Lungs Oxygen Breathe Carbon Dioxide Windpipe

1. We use our two _____ to take air into our body.
2. The air we breathe in is full of a gas called _____, which gives us energy.
3. The tube that connects your throat to your lungs is called the _____.
4. When we breathe out, our body gets rid of a waste gas called _____.
5. We must _____ to stay alive.

B. Match the Following;

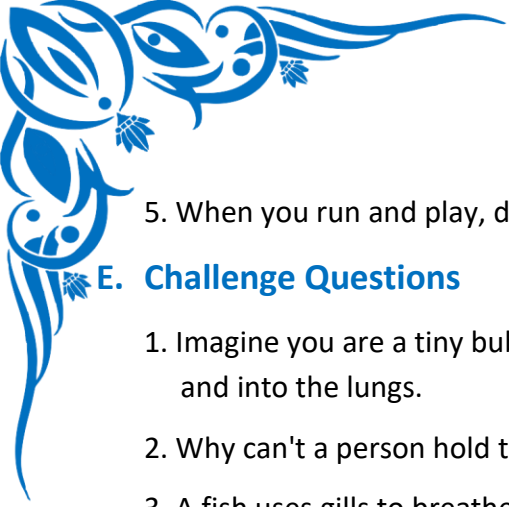
Column A (Action)	Column B (Description)
1. Lungs	A. The tube that air travels through to the lungs.
2. Nose	B. To breathe air out of the body.
3. Windpipe	C. The main organs that fill with air.
4. Inhale	D. Cleans and warms the air we breathe.
5. Exhale	E. To breathe air into the body.

C. Practice Problems

1. What is the name of the tube that carries air from your throat to your lungs?
2. What waste gas does your body get rid of when you breathe out?
3. Why is it good to breathe through your nose instead of your mouth?
4. Describe what happens to your chest when you inhale (breathe in).
5. Why do we need to breathe all the time, even when we are sleeping?

D. Warm-up Questions

1. What is the main gas our body needs from the air we breathe?
2. What are the two main body parts inside your chest that help you breathe?
3. When you breathe air IN, is it called inhaling or exhaling?
4. Where does air usually enter your body? (Name one part)



5. When you run and play, does your breathing get faster or slower?

E. Challenge Questions

1. Imagine you are a tiny bubble of air. Describe your journey from outside the body, through the nose, and into the lungs.
2. Why can't a person hold their breath forever?
3. A fish uses gills to breathe underwater. Why can't humans use their lungs to breathe underwater?
4. If you climb a very high mountain, the air has less oxygen. How would this affect your breathing?
5. How does smoking cigarettes harm the respiratory system?

F. Word Problems & Application

1. Leo is about to give a speech in front of his class and feels very nervous. His teacher tells him to take three slow, deep breaths. Why is this good advice?
2. Sara just finished a swimming race. She is breathing very fast and hard. What important gas is her body trying to get more of?
3. A firefighter wears a special mask with an air tank when going into a smoky building. Why can't they just breathe the air in the building?
4. David is blowing up a birthday balloon. Is he inhaling or exhaling to fill the balloon with air?
5. Maria is sick with a cold and her nose is stuffed. She has to breathe through her mouth. Why might her throat feel dry and sore?

G. True or False

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| 1. Your lungs get smaller when you breathe in. | _____ |
| 2. Deep breathing can help you feel more relaxed. | _____ |
| 3. You breathe out the same air that you breathe in. | _____ |
| 4. Exercise is bad for your lungs. | _____ |
| 5. The windpipe carries food to your lungs. | _____ |