

Welcome to the Breathing Together Activity Guide!

This book is for parents and other adults who spend time with babies, toddlers and children under five. It is a book full of ideas for activities to do with your child, which will allow you to explore breath, breathing and the lungs in fun and creative ways. The activities will create opportunities to play and learn together, discovering some of the science about how your lungs work and how to keep them healthy. We hope that the activities will lead to conversations between you and your child about how your breathing and lungs work. The most important thing though is to have fun and help your child to develop a positive relationship with their health and their body.

Why make an activity book all about breathing? This book is part of a much bigger project called Breathing Together. Breathing Together is a research study being undertaken by a team of nurses, doctors and scientists from around the UK, and even Australia.

