

30 mins

Try asking your child to count on their fingers each time they take a breath after dancing to the fast music and then the slow music, to show the difference.



Science

The rate and depth of our breathing adapts according to how much oxygen our body needs and how much waste gas we need to get rid of. When we are exercising and using lots of energy, we breathe faster and deeper. When we are moving slowly and calmly we breathe slower and shallower. Exercise is really good for our lungs to keep them super healthy.

How to:



First play the fast music and dance along with your child, encouraging them to move their body in time to the rhythm.



Take a break and notice how you are both breathing.



Next play the slow music and dance along.

Repeat.

It's your own mini disco!