

10 mins

Science

Sign for Breathe

Raise both hands to your chest with your fingers spread and move them forward and back.



Sign for Lungs

Place one hand on each lung.



Sign for Blow

Put your hand in front of your mouth and move it away in front of you. Start with a closed hand and open it as you move away.



If we look at lungs under a microscope, they are like a giant sponge. This is because they need to have an enormous surface area for gas exchange to happen – oxygen comes into our body and carbon dioxide goes out.

An adult breathes around 12-20 times a minute but a newborn baby takes between 30 and 60 breaths per minute when they are awake. Children have a faster breathing rate than adults because they have smaller lungs and have less space to exchange the oxygen and carbon dioxide.

Looking after young children can be stressful at times. Research has shown that extending your exhale or 'out breath' by blowing gently for as long as possible can aid relaxation.